



Winter Pitching and Catching Camp

Sunday, January 13th 2019

9:00am-12:00pm

Ages 7-18

MSUB PE Building · Lower Gym

\$70/player

What to bring:

Glove, indoor tennis shoes, water bottle. Catchers please **bring your own gear!** Pitchers **DO NOT** need to bring their own catcher.

Focus points for pitchers will include:

Basic to advanced pitching mechanics.
Increasing speed and consistency.
Developing pitch spin and movement
Establishing a strong mental game on the mound.
Advice and tips from MSUB Coaching Staff.
Assistance from Yellowjacket pitchers.

Focus Points for catchers will include:

Catching fundamentals including: stance, framing, blocking, throwing, and bunt coverage.
Increasing quickness and pop top.
Catching leadership skills.
Advice and tips from MSUB Coaching Staff.
Assistance from Yellowjacket catchers.

Go Jackets!

*****CAMP WILL BE CAPPED AT 40 PARTICIPANTS. PLEASE PRE-REGISTER EARLY TO GUARANTEE YOUR SPOT*****

You may register on the day of camp; however please have a parent available to sign the release form. Spots will not be held or guaranteed for walk-up registrations.

PLEASE COMPLETE AND RETURN TO MSUB SOFTBALL

Name: _____ Age: _____ Team/Age Division: _____

Position(s): _____ Experience (circle one): Beginner Intermediate Advanced

Address: _____ City/State/Zip: _____ Phone: _____ Emergency Contact:

_____ Phone: _____

Email: _____ T-Shirt Size (circle one): Youth L Adult S Adult M Adult L Adult XL

Please include Insurance Information with the Signed Participation Agreement Form below

MONTANA STATE UNIVERSITY BILLINGS DEPARTMENT OF INTERCOLLEGIATE ATHLETICS **IMPORTANT NOTES:**

(1) ALL PARTICIPANTS, AND IF UNDER 18, PARTICIPANT AND AT LEAST ONE PARENT MUST READ AND SIGN THE AGREEMENT TO PARTICIPATE BELOW.

(2) MSU BILLINGS DOES NOT PROVIDE INSURANCE TO PAY FOR INJURIES SUSTAINED BY PARTICIPANTS. PARTICIPANT, OR IF UNDER 18, PARENT OR GUARDIAN MUST AGREE TO PAY FOR AN INJURY THE PARTICIPANT MIGHT SUSTAIN.

AGREEMENT TO PARTICIPATE

(PRIOR TO PARTICIPATION, THIS DOCUMENT MUST BE SIGNED BY EACH PARTICIPANT, AND IF UNDER 18, BY PARTICIPANT AND AT LEAST ONE PARENT).

Participation in individual and team sports activities is reasonably safe as long as certain guidelines are followed. Many sports and physical activities offer varying levels of aerobic and anaerobic training, conditioning, personal skill improvement, and competition experiences that can significantly improve muscular and cardiovascular (heart/lung) strength and endurance. Regardless of whether you compete in basketball, soccer, tennis, cross country, golf, softball, volleyball, baseball, cheerleading, or some other sport, it is extremely important you are healthy and physically fit in order to be prepared to practice and compete.

If you have any condition that might prevent you from participating safely or if you have had any previous injuries or complications from athletic participation, you are required to communicate that information to the leader of your tryout or event prior to your participation. By voluntarily deciding to participate in this event, you are affirmatively acknowledging that you are both physically fit enough and skilled enough to train, practice, and compete in a safe and reasonable manner. If at any time you are uncertain of your physical condition or health status, you should not participate until you have communicated that information to your camp or event leader and you have been cleared to participate.

Although the likelihood is minimized if you participate carefully, there is always the possibility of injury when you place extra demands on the muscles, bones, joints, and ligaments in a training or competitive environment. Injuries that can occur as a result of your participation in this tryout or event include but are not necessarily limited to the following: blisters; muscle strains; joint dislocations; ligament and joint sprains; joint soreness; abrasions; contusions; stress fractures; broken bones; and head, neck, and spinal cord injuries involving paralysis and even death. However, if you exercise care for your own safety and the safety of other participants, the likelihood of such injuries can be greatly reduced.

By signing this form, you are acknowledging that you know, understand, and appreciate the various risks associated with your specific sport or activity. Furthermore, you agree to accept and assume those risks inherent to your sport or activity. In addition, by signing this form, you know, understand, and agree to accept the financial cost of any injuries you might sustain while participating in this tryout or event. Finally, by signing this form, you acknowledge all of your questions, if any, have been answered to your satisfaction.

Name of Participant (Signature of Participant) (Date) (Printed)

(Signature of Parent if Participant is Under Age 18) (Date)

Medical Insurance Information:

Medical Insurance Provider Name of Subscriber

Group Number Identification Number