

Coaching Staff
Britt Stewart, a native of Minnetonka, Minn., was named the head softball coach at Gustavus Adolphus College in July of 2016. In her first year with the Gusties, she recorded 23 wins and 17 losses - coachstewart@gustavus.edu

Assistant Coach Kyhl Thomson - kthomso2@gustavus.edu

Session #1

Pitchers and Catchers will develop beginning to intermediate pitching and catching skills and fundamentals. The pitching session will develop form, accuracy, and speed. Pitchers will learn new drills to improve their leg drive, powerline mechanics, snap and release point. Pitchers will also learn different types of change ups. Catchers will work with current catchers on staff to develop their fundamentals behind the plate. They will learn and improve their stance, throws, as well as learn the fundamentals of blocking and framing. This will be a fun developmental camp in which athletes will get to meet the Gustie softball players on a first hand basis.

Session #2

The current Gusties will work with campers to develop proper throwing fundamentals, fielding the ball properly, and learning the basics of infield and outfield. Campers will also improve their swings as they focus on hitting and the proper mechanics. Campers will learn fun new drills to improve their skills and engage with current Gustie athletes.

Equipment needed

Glove, bat, cleats, batting gloves, helmet, catchers gear. Pitchers please provide your own catcher. Please check in 15 minutes prior to the start of your camp time. There will be a table for check in outside the softball field.

Schedule

Session 1: 9am-11am Pitching and Catching

Lunch: 11-11:45 in the Caf (Campers can bring lunch or purchase lunch in the Cafeteria)

Session 2: 12:00-1:30 Hitting and 1:30-3:00 Defense

Register by August 20th. Please make checks payable to "Complete Game Fastpitch".

AUGUST 22ND 10, 12 & 14U

> **Session #1:\$50** Session #2: \$60

> > Both: \$100

