

Parents Release

I hereby waive and release Solano Community College, Camp Director, Coaches and instructors from all liability for any injuries incurred while participating in the softball camp for which I am/my child is registering. I recognize the inherent risks of my/my child's participation. And I assume full responsibility for all injuries. I know of no mental or physical problems that would affect my/my child's ability to safely participate in this camp. I authorize the camp director or instructors to act for me according to their best judgment in any emergency requiring medical attention. I also give permission for myself/ the below named child to be transported to and receive medical treatment at a local medical facility. And I guarantee the payment of all expenses incurred for such transportation and treatment.

I have read the above information including all information in this brochure and agree to its content.

Participant Signature

Guardian Signature

Date: _____

Solano College Softball Clinic

Solano College Softball
Attn: Coach Lisa Abbott
4000 Suisun Valley Rd.
Fairfield, Ca 94533
Lisa.Abbott@solano.edu

Solano College Softball



Softball Skills Clinic

Sunday, October 9

**Offensive clinic
10am – 1 pm**

**Defensive clinic
2pm – 5pm**

● Ages 8-18

Clinic Director



Lisa Abbott

Co-Head Coach, Solano College

Coach Abbott is in her 6th season with the Falcons. First year as Co-head Coach. Under her direction the program has achieved great success and is the 6 time defending Bay Valley Conference Champions.

Prior to joining Solano in 2007, she was the Assistant coach at Dakota Wesleyan.

Coach Abbott played professionally for one year for the Nebraska Comets. Prior to that she played at Division I Loyola Marymount on a softball scholarship

COUNSELORS

Solano College assistant coaches and current collegiate athletes will staff the camp providing hands on instruction to the campers.

Facility Info

The skills clinic will be held at the new Solano College Softball stadium built in 2009. Parking is located next to the facility.

October 9th clinic info

Offensive skills camp

10 am – 1 pm

This camp will focus on breaking down the mechanics of the swing. Athletes will learn different drills focusing on balance, bat speed, contact point, and timing to help them become more successful hitters.

Additionally, this camp will offer athletes the opportunity to learn about short game techniques such as bunting for a base hit and sacrifice bunt.

This camp will also develop base running skills and strategies that will improve player's offensive games.

Players need to bring –water bottle, tennis shoes, cleats, personal helmet and bat (if they have one).

Defensive skills camp

2 pm – 5 pm

This camp will focus on developing defensive fundamentals. From 2-4 pm the focus will be on developing individual defensive skills such as throwing mechanics, ground ball technique, fly ball technique, and explosive footwork.

From 4-5 pm athletes will break out into position specific groups for defensive development

- Pitchers
- Catchers
- Infielders
- Outfielders.

Players need to bring –water bottle, cleats, glove, catchers gear (catchers' only).

Enrollment Form

Campers Name _____

Address: _____

City/St/Zip: _____

Phone: _____

Email Address: _____

Emergency Contact: _____

Emergency Phone: _____

Age: ____ Grade Next Year _____

School: _____

Skill Level BEG ___ INT ___ TRAVEL/BALL ___

Select Clinic *Early*
You wish to Attend: *Registration*
Deadlines

Offensive skills (\$25) ____ *Sep. 30*
10 am – 1 pm

Defensive skills (\$25) ____ *Sep. 30*
2pm – 5 pm

Both (\$40) ____ *Sep. 30*

Form must be received by early registration deadlines to get above pricing

Registration received after deadline or day of clinic will be \$30 per clinic or \$60 for both

Make checks payable to **Solano Softball**

Mail application, waiver, and check to:

Solano College
Coach Abbott
4000 Suisun Valley Rd.
Fairfield, CA 94534