



# Happy Holidays!

The 411 from the **Fast Club**

Fast Club League Registration for 2020 is NOW OPEN!

[WWW.OSHKOSHFASTCLUB.COM](http://WWW.OSHKOSHFASTCLUB.COM)

Click on the "League" tab and then click "CONTINUE" in green towards the bottom.

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Oshkosh West Coach Tim Kohl is offering youth camps again this year through the YMCA. Let's fill the Oshkosh West Gyms! This year boys and girls will have separate camps. The Oshkosh West Varsity players will be helping with the camps. This is a GREAT opportunity to dust off the gloves and get some work in. This is also a great opportunity for Oshkosh Fast Club and Oshkosh Extreme Coaches to pick up skills and drills to work on with these young ladies all summer.

## Spring Training Camps

2020

The YMCA is once again sponsoring spring training camp for potential youth baseball/softball players. The purpose of this camp is to provide young players an opportunity to throw, field, and swing a bat during a time of the year when developing baseball skills may not be a priority. Due to the number of available gym times and the number of kids participating, the majority of the time will be spent in drills designed to get as many repetitions as possible on the basic skills during the available time. Baseball and Softball will have separate camps.

**Cost:** \$20 (Includes a camp shirt) - due on the date of camp  
(Make checks out to the YMCA)

**Location:** Oshkosh West Gym (Enter through northwest corner door 20)

**Dates and Times:** Read carefully because times may vary.

**Sunday, April 5 12:00 – 2:00**

**Pitchers and Catchers Camp**

**\$30 (includes a camp shirt)**

This day is set aside for 9 – 12 year old baseball/softball pitchers and catchers to get preseason work. Players will be given instruction and different drills to improve their skills. Handouts will be provided.

Catchers should try have their own equipment if possible. Athletic cup is required for male catchers.

**5-6 yr olds**

Sunday, February 16 12:00 - 2:00 Baseball  
2:00 - 4:00 Softball

**7-8 yr olds**

Sunday, March 1 12:00 - 2:00 Baseball  
2:00 - 4:00 Softball

**9-10 yr olds**

Sunday, March 8 12:00 - 2:00 Baseball  
2:00 - 4:00 Softball

**11-12 yr olds**

Sunday, March 15 12:00 - 2:00 Baseball  
2:00 - 4:00 Softball

**4-5 yr olds**

Sunday, March 22 12:00 - 2:00 BB/SB together

**What to bring:** All players should have dry gym shoes, and a glove. Bring bats and helmets if you have them. Do not bring a baseball/softball. Baseballs/softballs will be provided.

**Parents and Potential Coaches Responsibility:** You are encouraged to help out if you like. Oshkosh West baseball/softball players will also be there to assist at camp stations.

**Registration:** If you are interested in attending any of the camps, please contact the Oshkosh YMCA. If you have any questions, contact the Oshkosh YMCA or you can email Coach Kohl at [timothykohl12@gmail.com](mailto:timothykohl12@gmail.com)

Let's fill the gyms!

360U is also offering a SOFTBALL 101 Fundamentals clinic, See the details below. Sign up at [www.the360u.com](http://www.the360u.com).

# SOFTBALL 101 [The Fundamentals]

**Ages 6+**

**Sun. Jan. 19th [12:15pm - 1:45pm]**



## IT'S HERE!

This Camp on Sunday, January 19th is for all of our beginner softball athletes, **ages 6+** who are starting their softball journey! Our 360U team of instructors will be breaking down the hitting swing and throwing motion with **language that is easy to understand and remember!**

*Please share* with all those younger softball athletes/families that you know for a camp that will be perfect for them!

[DETAILS & ONLINE REGISTRATION](#)

As always the club is working on securing sponsorships for 2020, please email [oshfastclub@gmail.com](mailto:oshfastclub@gmail.com) if you are interested or know of a company that could potentially help.

Extreme Travel teams are starting practice in January. Tournament selection is underway.

Happy Holidays to all. I hope to see you in the GYM at one of the upcoming camps.

Dan Bergin

Oshkosh Fast Club

December 2019 edition