

FLHS Ranger Softball Off Season Skills Training & Pitching Clinic



Location – Forest Lake High School
Main Gym & Field House

Pitching - \$225 for 11 Sessions

*Off Season Skills Training is **FREE** for Pitching Clinic Participants*

November 11, 18, December 2, 9, 16

January 6, 13, 20, February 10, 17, 24

	Age Group	Time
Pitching		
Session 1	12U Advanced/14U	1:30-2:15
Session 2	10U/12U	2:15-3:00
Session 3	8U/10U	3:00-3:45
Session 4	8U/10U	3:45-4:30

*Be Part of a
Strong Tradition*

State
Tournament
Participants
2008, 2009,
2010, 2011, 2012,
2013, 2016, 2018

Section 7AAAA
Champions
2016, 2018

Section 7AAA
Runner Up
2014, 2015,
2017

Conference
Champions -
2010, 2012, 2013,
2014, 2018

You must have your own catcher, preferably a parent, or a teammate for more advanced players.

**Participants should plan to attend as many sessions as possible, as sessions are progressive each week. It is very beneficial for parents to accompany their daughter each Sunday to LEARN about pitching to be able to guide her while practicing at home.*

Off Season Skills Training - \$135 for 9 Sessions

Dec. 2, 9, 6, Jan. 6, 13, 20, Feb. 10, 17, 24

Skills Training	Age Group	Time
Session 1	8U/10U	1:30-3:00
Session 2	12U/14U/16U	3:00-4:30

Each session will include drills for hitting, throwing & receiving, in fielding and out fielding.

What to Bring

- Indoor-only tennis shoes
- Softball glove
- Water
- Wear athletic clothing
- Helmet and bat, if you have them.

FLHS Ranger Softball continues the tradition of bringing high quality pitching instruction and off season training to the Forest Lake softball community.

For the 2018-2019 clinics three accomplished pitching instructors will help with the development of pitchers in addition players will be guided by qualified coaches who are members of the varsity softball staff including – Head Coach Sean Hall, Assistant Coaches Erin Lasiuta, Don Cramer and Tim Casey, along with other knowledgeable softball coaches.

Pitching Coaches

- **Mark Bayers – FLHS Softball Assistant Coach** –Mark has been a fastpitch coach for 17 years for numerous top 14U, 16U and 18U teams, and has coached teams to multiple State titles and 3 National Championships.
- **Jim Berbee – Coach, Clinician & Pitching Instructor** – Jim has coached baseball and softball for 40+ years and is a nationally renowned clinician and pitching instructor. He has coached many local youth and women’s teams, winning multiple national championships.
- **Micah McGuinness – Pitching Coach** – Micah grew up in the Forest Lake community and graduated from FLHS in 2012. She was a pitcher and outfielder for the varsity softball team, then played all four years at the College of Saint Scholastica and teaches pitching lessons.

REGISTRATION

Name: _____

Address: _____

School: _____ Grade: _____

Parents' Names: _____

Best Phone #: _____ Email Address: _____

We grant permission for _____ to participate in the softball clinic. We accept full responsibility for any injury received while participating in the program. We understand that Forest Lake Area Schools, FLHS employees, and our clinic volunteers are not responsible for any injury to the above-named participant.

Signature of Parent/Guardian _____

Pitching Clinic - \$225 – Registrations accepted on a first come basis.

Indicate Session (Circle One) ■ Session 1 ■ Session 2 ■ Session 3 ■ Session 4 ■

Off-season Training - \$135 - Free for Pitching Participants

(Circle One) ■ 8U/10U ■ 12U/14U/16U ■

ALL PITCHING AND OFF SEASON TRAINING PARTICIPANTS WILL RECEIVE A FREE T-SHIRT! Indicate Size -

- YOUTH – Small Medium Large
- ADULT – Small Medium Large X-Large

Send this registration form and check to:

FLHS Softball Booster Club
PO Box 684 Forest Lake, MN 55025

Questions: Contact Kim Bakkestuen at kimbak21@gmail.com or Kelly Eischen at eischenkelly@yahoo.com

*Family discounts and payment assistance may be available, please contact us.