

Carolina Comets Gold / MRD Annual Softball Camp

When: Aug. 8 – Aug. 11, 2016

Who: Rising 1st – 5th grade

Who: Rising 6th – 10th grade

Note: 11th – 12th grades are welcome

Where: CPR 1

Time 8:30am – Noon

Time 1:00pm – 4:30pm

Cost / Player \$90

FREE Carolina Comets Summer Camp T-shirt for all campers.

During the camp we will cover all Fundamentals of the game.

Below are the areas of the game to be covered during the camp. I have given some examples of items we will cover in each area, but not limited to these.

Pitchers- We will have one of the top **College Pitchers in the Area** present for a 2 hour session during the week. Pitchers will be grouped according to experience. Pitchers will work on: Fundamentals, Proper Mechanics, and Warm-Up Drills. Based on the pitcher's skill level, how to increase Speed, Power, Accuracy. Learn the concepts of different types of pitches. **If a pitcher is interested, we will do a supervised daily 1 hour session with each pitcher.**

Catchers- Catchers will be grouped according to experience. Catchers will work on: Fundamentals, Stance, Receiving, Framing, Dropping & Blocking, Pop Flies, Bunt pick-ups, Throw downs, Throwing from Knees, Pick offs, and Pop Times measured. **If catcher is interested, we will do a supervised daily 1 hour session with each catcher.**

Infield- Infielders will work on Fielding Ground Balls, Fielding Techniques, Foot Work, Throwing Techniques, Base Coverage, Bunt Coverage, and Slap Coverage and etc.

Hitting- We will video all of the campers, do a hitting analysis, review with each individual camper the results of the analysis, and email the camper a printout. Fundamentals of a good hitter, What is a Good Hitter, Tee Work, Coach Pitch, 9 Steps of Hitting, Breakdown of the Swing, and etc.

Slapping- We will video of the campers slapping (if they can or could be a slapper), do a slapping analysis, review with each individual camper the results of the analysis, and email the camper a printout. Fundamentals of a Good Slapper, What is a Good Slapper, Tee Work, Coach Pitch, Breakdown of the Swing, and etc.

Outfield- Outfielders will work on Catching Fly Balls, Drop Step, Crow Hop, Throwing Techniques, How to pick up a Fly Ball, Back-up Fielders, Dive and Slide for Catches, etc.

Base Running- What are the fundamentals of Running. How to Run, Base Runners will learn how to Run Bases, When to Run and When Not to Run, Take Signs, Take Leads, Dive Back to the Base.

Bunting- Fundamentals of Bunting, Stance for bunting, Bunt Placement, Drag Bunt, Push Bunt, etc.

Sliding & Diving- Fundamentals of sliding into a base and diving back to a base (different types of sliding). For the young ages or new sliders, we will be using the slip and slide to teach the methodology for sliding.

Situational Play- How infielders do base coverage with throws coming from an outfielder. How and where outfielders throw the ball to a certain base.

Fun Games- A little competition to give some small prizes away.

Comet's Treat – We will have Top Current College Players talking to Campers and assisting with instructions at different times during the Camp.

Camp will be hosted by Carolina Comets Gold18u:

Camp Staff

Roger McGuffey – Coach of Carolina Comets Gold 18u

Carolina Comets Gold 18u Coaching Staff & Players

Please make checks payable to MOORESVILLE RECREATION DEPARTMENT (MRD)
Please Note: SPORTS CAMP Registrations MUST be received 2 weeks prior to start of camp to avoid a \$5 late FEE.

Sign-ups - For on line registration – Use this link

<https://secure.rec1.com/NC/mooresville-recreation-parks-department/reg.php> OR

MooresvilleRecreation.org
Drop off form & Payment to:
Mooresville Recreation Offices
418 Carpenter Avenue
Mooresville, NC 28115

OR

Mail to: Mooresville Recreation Dept
PO Box 1455
Mooresville, NC 28115

Information required for online registration.

Parents name (first and last) DOB Gender
Students name (first and last) DOB Gender
Address (no po box) City State zip County
Phone 1
Phone 2
Email
Emergency Contact and phone number