



# Pitching Camps

## **BEGINNER (5 x 1 hour sessions – 5 weeks)**

- Will learn basic mechanics and fundamentals of pitching
- Pitcher conditioning
- **Max of 10 pitchers**
- Must bring your own catcher (preferably a parent so they can continue to help the pitcher)
- \$45.00/5 week program

## **INTERMEDIATE (5 x 1 hour 15mins sessions – 5 weeks)**

- Continue developing pitching mechanics
- Develop control & speed
- Ball rotation
- Change-up
- Pitcher conditioning
- **Max of 10 pitchers**
- Must bring your own catcher
- \$50.00/5 week program

## **ADVANCED (5 x 1 ½ hour sessions – 5 weeks)**

- Must have good pitching mechanics
- Pitching strategies/patterns
- Drop ball
- Rise ball
- Curve ball
- Off Speed
- Pitcher conditioning
- **Max of 10 pitchers**
- Must bring your own catcher
- \$55.00/5 week program

## **INSTRUCTORS**

### Elishia Stordy

- Head Coach Gold 91 Team 2005, 2006, 2007, 2008, 2009 - Attended Nationals
- Player/Coach Development Falcons 2008-2009
- Head Coach Bantam Falcons 2006 & 2007
- Assistant/Pitching Coach Midget Gold Team 2004
- Gold Medal Instructor since 2004
- Played for Saints, Panthers & Gold

### Sarah MacKay

- Gold Medal Instructor since 2004
- Pitching Coach – Gold 93 teams
- Pitching Coach Saints Pee Wee 07'
- Played in Australia 05' & 06'
- Played for the Saints & Gold

**To register email  
Elishia Stordy at  
[esstordy@sasktel.net](mailto:esstordy@sasktel.net)**

**Make cheques payable to:  
Elishia Stordy  
330 Froom Cres  
Regina, SK S4N1B7**

Camps Start Sunday, January 10<sup>th</sup>, 2010 and will continue every Sunday for 5 weeks.  
Last session is Sunday, February 7<sup>th</sup>, 2010.

BEGINNER 6:00 - 7:00pm  
INTERMEDIATE 7:00 - 8:15pm  
ADVANCED 8:15 - 9:45pm

**Must register by December 20th, 2009**

Please arrive at the earliest 10 minutes before your session!

~ St. Augustine School - 2343 Edgar Street ~  
Please use doors on North Side of School



# Registration Form

Name:		Age:
Zone:	Division:	
Address:		
Phone:	Alternate Phone:	
Sask Health Card #		
<input type="checkbox"/> Beginner \$45.00	<input type="checkbox"/> Intermediate \$50.00	<input type="checkbox"/> Advanced \$55.00

Please send with payment to:

Elishia Stordy  
330 Froom Crescent  
Regina, SK S4N1B7