



Pitching Camps

BEGINNER

- 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)

INTERMEDIATE

- Continue developing pitching mechanics
- Develop control & speed
- Ball rotation
- Change-up
- Off Speed
- Pitcher conditioning
- **Max of 10 pitchers**
- Must bring your own catcher

ADVANCED

- Must have good pitching mechanics
- Pitching strategies/patterns
- Drop ball
- Rise ball
- Curve ball
- Pitcher conditioning
- **Max of 10 pitchers**
- Must bring your own catcher

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

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

Must register by February 10th, 2010

Camps Start Sunday, February 21, 2010 and will continue every Sunday for 5 weeks.
Last session is Sunday, March 21, 2010.

BEGINNER 6:00 – 7:00pm – St. Augustine

INTERMEDIATE 7:00 – 8:15pm – St. Augustine

INTERMEDIATE 2:00 – 3:15pm – Core Ritchie

ADVANCED 8:15 – 9:45pm – St. Augustine

ADVANCED 3:15 – 4:30pm – Core Ritchie

Please arrive at the earliest 10 minutes before your session!

~ St. Augustine School – 2343 Edgar Street ~ Core Ritchie – 445 14th Ave ~



Registration Form

Name:		Age:
Zone:		Division:
Address:		
Phone:		Alternate Phone:
Sask Health Card #		
<input type="checkbox"/> Beginner \$45.00 6:00-7:00pm St. Augustine	<input type="checkbox"/> Intermediate \$50.00 7:00-8:15pm St. Augustine	<input type="checkbox"/> Advanced \$55.00 8:15-9:45pm St. Augustine
	<input type="checkbox"/> Intermediate \$50.00 2:00-3:15pm Core Ritchie Gym	<input type="checkbox"/> Advanced \$50.00 3:15-4:30pm Core Ritchie Gym

Please send with payment to:

Elishia Stordy
 330 Froom Crescent
 Regina, SK S4N1B7
 306.596.9276