



Pitching Camps

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 hour 15 min 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
- \$50.00/5 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**

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

Must register by December 20th, 2009

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

INTERMEDIATE 2:00 - 3:15pm
ADVANCED 3:15- 4:30pm

Please arrive at the earliest 10 minutes before your session!

~ St. Michael School - 431 Hamilton Street ~



Registration Form

Name:		Age:
Zone:	Division:	
Address:		
Phone:	Alternate Phone:	
Sask Health Card #		
Sundays 2:00-3:15 Intermediate _____	Sundays 3:15-4:30 Advanced _____	

Please send with payment to:

Elishia Stordy
330 Froom Crescent
Regina, SK S4N1B7