



South Florida Fastpitch Camps Inc.  
 Attn. Ken Eriksen, Head Softball Coach  
 4202 East Fowler Avenue, ATH 100  
 Tampa, FL 33620

# USF SOFTBALL CAMPS

At University of South Florida

## WINTER CLINICS 2008

DEC 20-21



.... THE 2008 CLINIC FEATURES SOME OF THE 2004 & 2008  
 OLYMPIC TEAM MEMBERS, MANY TOP COLLEGE COACHES  
 AND CURRENT COLLEGE PLAYERS ....

FOR MORE INFORMATION CALL: 813-974-4099 or 813-974-7211

## SOUTH FLORIDA FASTPITCH CAMPS INC. PRESENTS THE 2008 WINTER CLINICS

We have aligned a top level coaching staff for this years clinic. It may be our best ever!!! We work hard to maintain our reputation as one of the best clinics around. The 2008 Winter Clinics will include Pitching, Catching, Hitting and Strength & Conditioning. Each clinic is run individually. We are very proud of the top quality instruction given at our clinics year after year by Olympic coaches, Olympic players, top college coaches and many elite college athletes. Our clinicians will teach the skills necessary to help you become a better fastpitch player. There will be an autograph session with the Olympians at the end of each session through Sunday at noon.

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|---|--|---|
| <p><b>PITCHING CLINIC</b><br/>         DEC. 20 &amp; 21, 9am-Noon<br/>         COST: \$150</p> <p>This is a 2 day clinic. Some of the top pitching coaches in the nation will demonstrate and teach a safe and effective motion, different pitches, as well as provide insight into the mental aspect that is necessary to be a successful pitcher in softball today.</p> | <p><b>CATCHING CLINIC</b><br/>         DEC. 20 &amp; 21, 9am-Noon<br/>         COST: \$150</p> <p>This 2 day clinic is known as one of the best held throughout the nation. Come out and learn the mechanics necessary to become a great catcher taught by some of the best in the game. This clinic's reputation speaks for itself.</p> | <p><b>HITTING CLINIC</b><br/>         DEC. 20, 1pm-4pm<br/>         COST: \$75</p> <p>Led by some of the best hitters and coaches in the country, the focus of the hitting clinic will be to cover the main physical techniques used by the top hitters in fastpitch today. Come out and learn the skills and drills it takes to become a top hitter.</p> |
| <p><b>INFIELD CLINIC</b><br/>         DEC. 20, 9am-Noon<br/>         COST: \$75</p> <p>This clinic will be run by some of the top infielders and coaches in the country. They will cover the basic fundamentals of infield including throwing, basic ground ball techniques and position play.</p>  | <p><b>OUTFIELD CLINIC</b><br/>         DEC. 21, 9am-Noon<br/>         COST: \$75</p> <p>This clinic will be run by some of the top outfielders and coaches in the country. They will cover the basic fundamentals of outfield play, including throwing, footwork, fielding and diving.</p>   | <p><b>STRENGTH &amp; CONDITIONING CLINIC</b><br/>         DEC. 21, 1pm-4pm<br/>         COST: \$60</p> <p>Train like the top collegiate and Olympic team players. Learn drills to increase speed and agility. The focus will be on running form, first step quickness and agility training. There is no autograph session after this clinic.</p>          |

**IMPORTANT: NON REFUNDABLE DEPOSIT DUE NOV. 26.** There is limited space in ALL clinics. Athletes will be signed up when the non-refundable deposit is received. You will then receive confirmation, directions and information by mail. Full balance is due Dec. 12 and NO REFUNDS after Dec. 12.

**MEMBERS OF THE 2004 &  
2008 OLYMPIC MEDAL TEAM**

**KEN ERIKSEN**

**JESSICA MENDOZA**

**LAUREN LAPPIN**

**LOVIE JUNG**

**CAT OSTERMAN**

**ELITE COLLEGE &  
NATIONAL LEVEL COACHES**

**RUSSELL COOPER**  
St. Louis University

**LISA NAVAS**  
NC State

**MARK DORAN**  
Diamond Sports Academy

**LONNIE ALAMEDA**  
Florida State

**ANGEL SANTIAGO**  
Florida State

**PATTY DAILY**  
National Clinician

**CHRIS HEINTZ**  
Former MLB

**STACY HEINTZ**  
USF

**LEIGH ANN ELLIS**  
NC State

**DANA SORENSEN**  
UC Davis

**HOWARD DOBSON**  
Southern Miss

**BRIDGETTE QUIMPO**  
College of New Jersey

**RICHIE ROESSNER**  
Connecticut Brakettes

**KILLIAN ROESSNER**  
Memphis

**AMBER WRIGHT**  
Former USF Asst. Coach

**MO TRINER**  
USF

**CARMELA LIWAG**  
USF

**MARK SMITH**  
Canadian National Team

**MANY CURRENT TOP  
COLLEGE SOFTBALL  
PLAYERS**

**South Florida Fastpitch Registration Form**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Home Phone ( ) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Emergency Phone ( ) \_\_\_\_\_

Email \_\_\_\_\_ Age \_\_\_\_\_ Parent/Guardian Names \_\_\_\_\_

School \_\_\_\_\_ Grad Yr. \_\_\_\_\_ Summer Team \_\_\_\_\_

Please check appropriate camps:

|                     |      |         |      |                |                        |               |              |
|---------------------|------|---------|------|----------------|------------------------|---------------|--------------|
| Experience:         | BEG. | INTERM. | ADV. | _____ PITCHING | Full \$150             | Non-Ref. \$75 | Deposit \$75 |
| Adult T-Shirt Size: | SM   | MED     | LG   | XL             | _____ CATCHING         | \$150         | \$75         |
|                     |      |         |      |                | _____ OUFIELD          | \$75          | \$40         |
|                     |      |         |      |                | _____ HITTING          | \$75          | \$40         |
|                     |      |         |      |                | _____ INFIELD          | \$75          | \$40         |
|                     |      |         |      |                | _____ STRENGTH & COND. | \$60          | \$30         |

Make checks payable to:

South Florida Fastpitch Camps Inc.

TOTAL COST \$ \_\_\_\_\_  
ENCLOSED \$ \_\_\_\_\_

**MEDICAL RELEASE FORM:**

I understand that there are risks involved with my child's participation in the fastpitch camp at USF. Therefore, I consent for my child to receive any emergency medical treatment deemed necessary by the Sports Medicine Staff at the camp/clinic and agree that the Sports Medicine Staff may determine my child's participation at any time and for any reason. I waive and release the fastpitch camp at USF, the University of South Florida, the Board of Trustees, the Board of Governors, the State of Florida, the USF Foundation, the Sun Dome, Inc (or any other entity designated by Florida law to manage, operate and/or oversee the University of South Florida or the Board of Trustees), and their heirs, assigns or successors in interest of any and each of them from any and all liability which may result or arise from either my child's athletics participation or any medical treatment my child may receive. If any portion of this release is held to be illegal, unenforceable, or in conflict with any laws of the State of Florida by any Court of competent jurisdiction, the remaining portions of this release shall not be affected.

Parent Signature \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency Phone \_\_\_\_\_

The South Florida Fastpitch Camps Inc. is neither owned, administered, nor sponsored by the University of South Florida. Ken Eriksen owns and operates this camp/clinic as an independent operation outside the scope of his employment with the University. Any and all questions and concerns should be directed to the respective Coach or owner of the camp/clinic or his designee.