

FALL SOFTBALL SKILLS AND DRILLS ACADEMY

“Work like someone is working twenty-four hours a day to take it away from you”



The Shenendehowa Softball Coaching Staff has developed an opportunity for softball players in grades 9-12 to transition into a skills and conditioning program during the fall months.

Goals:

- An introduction to off season softball conditioning
- Achieve a level of growth as a softball player
- Continued maintenance on swing mechanics
- Skills and Drills for infielders and outfielders
- Improve arm strength and throwing mechanics
- Development in base running skills
- Small ball training program
- Competitive scrimmages

Where:	Clifton Commons
When:	Wed/Thurs 9/20, 9/21, 9/27, 9/28, 10/4, 10/5, 10/11, 10/12
Who:	Students in grades 9th-12th
Time:	3:00 – 5:00 PM
Cost:	\$100 Please make check payable to: Shenendehowa Softball Booster Club
Contact:	Coach Farquharson Farqchri@shenet.org or 881-0560 ext 44018

Please return checks/waiver to Kelly Murray 7 Saxony St
Clifton Park, NY 12065. Also email Coach Farquharson to reserve your spot.

This is a fundraiser for Shenendehowa Softball Booster Club.

Please return the Waiver release form with the check

I certify that my child is in good condition and can participate in the scheduled activities. I grant permission for the emergency medical treatment in the event **you** cannot be reached. Primary accident coverage is the responsibility of the **parent/guardian**.

Waiver Release Form

I, parent/guardian of the registrant, a minor, agree that the registrant will abide by the rules of the Fall Softball Skills and Drills Academy and its affiliated organizations and sponsors. Recognizing the possibility of physical injury associated with softball and in consideration for the Fall Softball Skills and Drills Academy accepting the registrant for its softball programs and activities, I hereby release, discharge and/or otherwise indemnify the Fall Softball skills and drills academy, all board members, coaches and its affiliates, organizations and sponsors, their employees and associated personnel, including the owners of the fields and facilities used for registrants participation in the program. I authorize use of player photos on the website, brochure, or in newspapers.

Parent/Guardian Signature

Date