

Registration form

Staff

Fast Pitch Softball Summer Camp

2010 Summer Total Skills Camp in the Pines

June 21-24, 2010

Lakeside, AZ @ Blue Ridge HS

Hosted by
Blue Ridge HS & the
Krush Hitting Company



Come enjoy a fast pitch softball total skills camp hosted by an elite Arizona softball program and the most respected instructional school in the country ... All in the cool pines of northern Arizona.

Four full days of quality instruction, fun and even some exposure to some influential people in the industry.



www.fastpitchhitting.org
www.krushhittingcompany.com

Joel Prickett-

Head Coach of Odessa College of Texas softball program. A power in the Texas Softball scene, Coach Prickett has spent more than 10 years as a Head Coach in Texas & gone to several JUCO World Series including 2010.



Jack Phelps -

Hitting Coach for Greenfield Central HS in Indiana & Midwest Krush Hitting Instructor. Father of US Olympic Gold Medalist Jaycie Phelps.



Chris Fraze -

Head Coach of 2009 Arizona State Champion Blue Ridge HS Softball program.



Michelle Rasmussen-

Grand Canyon University Jr. 1st baseman and former Arizona Western College player. From Puyallup, Washington.



Montana Lucas-

Grand Canyon University Jr. infielder, former Phoenix College & Cactus HS player.



...and more local coaches round out the staff.



NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

SCHOOL _____

DOB _____

PHONE _____

EMAIL _____

PRIMARY POS _____ OTHER _____

HT _____ WT _____ B/T _____

EMGY CONTACT _____

CONTACT PHONE _____

MEDICAL INS. _____

POLICY # _____

ACKNOWLEDGEMENT OF RISK, RELEASE OF LIABILITY & AGREEMENT

I agree by participating in this baseball camp, that baseball can be a dangerous sport. I accept all risks associated with the participation in this camp, even if the risks are created by carelessness or negligence of a released party or anyone else. Risks include anything that can happen during any portion of this camp.

I fully release, discharge, and waive any claims I may have now, or in the future against released parties, even if claims are based on carelessness or negligence of the released parties. "Claims" as used in this document means all claims, demands, and legal actions, arising out of damage, injury, or death of a participant engaging in a Krush Hitting Co. camp and all sponsors or anybody else associated with the camp.

I have fully read and understand the statements made in this document. I understand and intend that this document act as the broadest and most assumption of risk, waiver, release of liability, agreement not to sue and indemnity as is permitted by the laws of the state of Arizona.

Parent/ Guardians signature _____

Date _____

Athlete's signature _____

THE EVENT

The camp is located in what some refer to as "summer paradise", Lakeside, Arizona.

Camp Location:

Blue Ridge High school Softball Facility

Eligible participants: *8-18 year olds

* Campers will be grouped with similar aged kids to maximize safety and instructional effectiveness

Cost: \$295 ... team rates available, call for details.

Registration/information:

Fastpitchhitting.org or
krushhittingcompany.com or
Krushinfo@yahoo.com or
480-209-6301 or 928-358-3917

Camp Summary & Overview

Krush Hitting Company and the Blue Ridge staff has assembled one of the finest camp staff's possible. All aspects of the game will be covered.

Pitching, hitting, defense, base-running, the mental approach, functional strength training for softball and more will be covered during this full 4-day camp.

The instruction will be exceptional as we believe this is the backbone of the Softball industry.

This event will also "showcase" the talents of each player as they will be rubbing elbows with coaches & scouts throughout the camp.



The Krush Hitting Company



Integrating the Art & Science of Hitting



WE DO NOT MAKE HITTERS ROBOTS, EACH HITTER'S SWING IS DIFFERENT!!!

This program is based upon facts, not opinions or theories.

Program is based upon what the best hitters on the planet do.

We use the what, why, and how teaching method

- What are the physical commonalities (swing mechanics) of great hitters?
- Why do the hitters make these movements, etc.?
- How do you integrate these movements, etc. into your swing.

We present the program in a high-energy, passionate, and entertaining fashion.

We try to teach using simple terms and ideas, yet thorough.

TOPICS COVERED

The common movements of exceptional hitters (swing mechanics)

Understanding swing faults & how to fix them

How to hit off-speed pitches

High-velocity adjustments

Mental approach

Vision, tracking and pitch recognition

How to put it all together...a simple plan.

Example Daily Schedule

Monday June 14– Thursday, June 18

8:30	Camp check in/Speaker
9:00AM	Warm up & stretching
9:30AM	Throw
9:30AM	Defensive instruction & drills
10:30AM	Hitting instruction & drills
12:30PM	LUNCH
1:45PM	Base-running
2:30PM	Controlled game
4:00PM	Camp over

*There will be guest speakers daily



Misc. details

- Lunch will be available at sight for \$5
Hamburger, hot dog, chips, drink
- Camp Hotels
- What to bring-please check website