Registration – Please fill out completely

You may sign up for **one or two** clinics per date:

◯ **Sunday, November 11, 2018**

◯ **Sunday, January 13, 2019**

◯ Catching Clinic—**Nov. 11th ONLY**

◯ Hitting Clinic ◯ Pitching Clinic

COST: $150/clinic or $250/TWO clinics

Payment by: Cash ◯ Check ◯

Name: _____

E-mail: _____

_____
Mailing Address

_____
City, State and Zip Code

_____
Dad's' Name

(_____)_____
Cell Phone Number (include area code)

_____
Mom's Name

(_____)_____
Cell Phone Number (include area code)

_____
School Currently Attending

Grade in School: 6 7 8 9 10 11 12
circle grade

T-shirt Size: (adult sizes only) S M L XL
circle size

Primary Position: P C 1B 2B 3B SS OF

Questions???
Contact Laurie at 309-438-3633
ljretze@ilstu.edu

Please make checks payable to *:*

Redbird Softball Camp

Please return by the Tuesday prior to the clinic you are registering for.

Return to:
MELINDA FISCHER—SOFTBALL CLINIC
CAMPUS BOX 7130
NORMAL IL 61790-7130
~NO REFUNDS~

Illinois State University camps and clinics are open to any and all entrants, in accordance with the NCAA camps and clinics legislation (limited only by number, age, grade level and/or gender).

Illinois State University formally reiterates and reaffirms its commitment to the principles of equal opportunity, affirmative action and diversity. Discrimination based upon race, color, religion, sex, national origin, age, disability, or veteran's status is a violation of federal and state law and university policy and will not be tolerated.

If you need a special accommodation to fully participate in this program/event or require special dietary needs, please contact Laurie Retzer, ISU Softball at 309-438-3633. Please allow sufficient time to arrange the accommodation.
This document is available in alternative formats upon request by contacting Laurie Retzer, ISU Softball at 309-438-3633.

Online registration available at
https://illinoisstatesportscamps.com/softball/

Scholarships available for girls 6th - 8th grade, based upon need,
call Laurie at 438-3633

EASTON
ARE THE PROUD SPONSORS
OF ILLINOIS STATE SOFTBALL

REDBIRD
Softball Clinics

SUNDAYS,

NOVEMBER 11, 2018

AND

JANUARY 13, 2019

Illinois State University
Softball

Winter Hitting Clinic —

Content will cover:

- *Hitting all pitch locations*
- *Making hitting adjustments*

Winter Pitching Clinic —

Content will cover:

- *Pitching Mechanics*
- *In-game Strategies*
- *The importance of dominating the mental game on the mound*
- *Instruction will consist of intermediate and advanced techniques and concepts.*

Winter Catching Clinic —

Content will cover:

- *Catcher set-up*
- *Working with your pitcher*
- *Game management*
- *Framing*
- *Blocking*
- *Throwing situations*
- *Fielding situations*
- *Evaluating hitters*

Ryan Duncheon, Catching Instructor

Ryan Duncheon was a catcher for the Redbirds from 1997-2000. Duncheon is the only Illinois State baseball player to earn three first-team All-Missouri Valley Conference honors during his career. Duncheon took his catching prowess on to the next level where he played for the Boise Hawks in Major League Baseball. In 2010, Duncheon was inducted into the Illinois State University Athletics Hall of Fame.

When?

Sunday, November 11, 2018

Pitching & Catching Clinic Schedule

9:00 Registration

9:30 a.m. to 12:00 p.m.

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Hitting Clinic Schedule

12:30 Registration

1:00-3:30 p.m.

Sunday, January 13, 2019

Pitching Clinic Schedule

9:00 Registration

9:30 a.m. to 12:00 p.m.

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Hitting Clinic Schedule

12:30 Registration

1:00-3:30 p.m.

Where?

Horton Field House

Illinois State University, Normal, IL

Who can participate?

Any softball player,

ranging from **6th grade** through **12th grade**

What to bring?

Bring your own equipment

Batting gloves, gloves, bats, gym shoes

Catchers bring **FULL GEAR.**

PITCHERS need to bring their own Catcher

Make sure everything is labeled!

No Refunds

Limited number of participants. REGISTER EARLY

Clinic Staff

Melinda Fischer, Head Softball Coach

Head Coach Melinda Fischer, now in her 34th season at the helm of the highly successful Redbird softball program, has established herself and the team in a league of their own. Fischer's 1,053 career victories, spread out among 34 previous seasons as a collegiate head coach rank her as the 17th-winningest coach in NCAA Division I softball history and the 10th-winningest active head coach. In 2017, Fischer became the 20th coach in NCAA Softball history to earn 1,000 wins at one school and only the 10th Division I coach reach this mark. A six-time MVC/Gateway Coach of the Year and a NFCA Hall of Fame inductee, Fischer proves that excellence is the rule, not the exception at Illinois State.

Tina Kramos, Associate Head Softball Coach

Senior Associate Head Coach Tina Kramos enters her 19th season with the Redbirds following a successful career as a player and coach. Primarily working with the Redbirds' hitters and outfielders, Kramos has coached three All-Americans and three MVC Players of the Year. On the field, Kramos competed in the 2004 Summer Olympics and the 2006 Women's Softball World Championship as a member of Greek National Team after her time as a two-time All-MVC First-Team selection at Missouri State. Also coaching the Greek National Softball Team in 2015, Kramos spent time at Colorado-Colorado Springs and Nicholls State before her current position with the Redbirds.

Tara Archibald, Assistant Softball Coach-Pitching

Tara Archibald is in her 2nd season at Illinois State, bringing 14 years of coaching experience at various levels as a former NCAA Scholar Athlete award winner at Southern Illinois and pitching coach at Georgia. Archibald comes from Field House Sports where she worked as the Sports Administrator and Lead Softball Instructor. She previously served as an assistant coach working primarily with pitchers at Georgia from 2011 to 2014. Prior to Georgia, Archibald served as a manager and coach of the Southern Force Softball Organization from 2003 to 2011 following her playing career at SIU where earn their first-ever NCAA Tournament win in 2003 en route to advancing to the school's first Sweet 16 appearance.