

## 2010 ARAA Fastpitch Softball Pitching Clinic's

ARAA Softball is offering a Fall 2010 Pitching Clinic for all ages of players. This clinic will go for 10 weeks, with more individualized attention being paid to skill development and game detail in a smaller class size.

**When:** Monday Nights from 5:30 – 8:30pm  
Starting Sept. 27<sup>th</sup> to Mid December 2010

**Cost:** \$175.00 for 10 one-hour sessions

**Where:** Lord of Life Church or TBD

**Clinic Times: Currently has 3 time slots available....for only 21 students...no time slot is guaranteed**

- ❖ 5:30 – 6:30pm Currently used for 10-12U type players with 2-3 yrs of pitching experience.  
Age range (10 – 13 yrs old)
- ❖ 6:30 – 7:30pm Currently used for Rec type players with 1-0 yrs of pitching experience.  
Age range (6 - 13 yrs old)
- ❖ 7:30 – 8:30pm Currently used for more advanced pitchers with 4+ years of experience  
Age range (13 – 17 yrs old)

**Instructor:** Jessica Chase

Played at Palm Beach Lakes High School in West Palm Beach, FL. All Conference 1998  
Attended & graduated College at Southwest Texas State (Now Texas State University at San Marcos). Was 7 time player of the week from 2000-2001, 1st team all conference 2000, Pitcher of the year Southland Conference 2001, 2nd Team All-Region 2001, 3rd Team Division 1 All-American 2001, Still hold 2 records - lowest ERA for a season - .95, Shutouts in a season - 18. She is in top 3 for 5 other season/career records.

Assistant Varsity coach at Zimmerman HS 2006, pitching coach at Armstrong HS – 2009

**ALL PITCHERS MUST SUPPLY THEIR OWN CATCHERS/ALL CATCHERS UNDER 18 MUST WEAR A MASK**

**Questions:** [softball@arsports.org](mailto:softball@arsports.org) or [sponsorship@arsports.org](mailto:sponsorship@arsports.org).

I, the parent or guardian of the above named candidate for the Anoka Ramsey Athletic Association's (ARAA) athletic program, do hereby give my consent for the above to participate in any and all ARAA activities during the current season. I assume full risks and hazards incidental to such participation and waive, release, absolve, indemnify and agree to hold harmless ARAA and any other cooperating associations or organizations, the organizers, supervisors, sponsors, coaches, participants and persons transporting my child or children to or from activities, for any claim arising out of injury. I further agree to assume all risks and hazards incidental to the use of facilities in the City of Ramsey, and waive, release, absolve, indemnify and agree to hold harmless the City of Ramsey for any claim arising out of injury. I give my permission for ARAA to use our name, address and phone number for roster purposes only.

Player: \_\_\_\_\_ Age: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

registrations must be received by Aug 30th, 2010  
**Registration can be mailed to Mark Wilson (612-272-9891)**  
**14761 Erkium St NW Ramsey MN 55303**