

GST Summer Camps

Camp #1 Speed & Agility

There is to substitute for speed. Learning the proper running mechanics is crucial for any sport. One of the biggest myths is that you can't teach athletes how to run faster or make serious improvements to their agility and change of direction quickness. Learn to take your game to the next level.

Camp #2 Strength & Conditioning

GST...Get stronger today. This class will focus on a total body strengthening program designed to take your game to the next level. All exercises are age appropriate and will emphasize upper and lower body strengthening as well as core development. A good strength training program as well as proper mechanics is a key ingredient to improving your skills.

Camp #3 Throwing & Fielding

"Poor throwing mechanics account for 80% of all infield errors." Learn the proper fundamentals of throwing. These clinics break down the proper technique for throwing, help your child avoid injuries associated with poor throwing mechanics and improve accuracy. The fielding portion of these clinics will focus on the fundamentals of grounders, one-hoppers, and pop-ups. Learn proper technique of ready position, creep step, charging on bunts and fielding balls to the forehand and backhand.

Camp #4 Hitting & Bunting

Fact... "Hitting a softball is one of the most difficult things to do in any sport." You can't win if you don't score runs. Learn the proper mechanics and drills designed to promote great fundamentals of hitting. These drills include tee work, flips, soft toss and machine for timing. This clinic will also emphasize the importance of following a progression in hitting. We will address proper bat lengths and weights as well. When bunting is not emphasized during practice, players are unable to execute during games. Learn the importance of bunting for hits and sacrificing to get runners into scoring position.

Camp #5 Base Running, Sliding & Diving

Be decisive and aggressive. Learn the proper techniques of base running, lead-offs, stealing and sliding. This class will also emphasize a proper warm-up and stretching program to prevent possible injuries. Defensively, learn the do's and don'ts of when to slide for a ball and when to dive for a ball as well as proper technique for both options. Please bring your glove, sliding pads, long sleeve shirt, batters gloves, baseball pants or sweats (no jeans).

Camp #6 Fastpitch Pitching

When you start pitching, work the fundamentals! Many coaches, parents, and players want to go from never pitching before to throwing 5 different pitches in a year. Most don't have that type of ability. This clinic will focus on drills designed to improve pitching mechanics, speed, and accuracy.

Camp #7 Catchers

Every team needs good pitchers, but every pitcher needs a good catcher. Little time is allocated during practices for catchers to work on their catching skills; therefore catchers are often left to learn on their own. Learn the skills needed to become a great catcher. Classes will focus on proper mechanics of receiving pitches, framing, blocking and throwing.

REGISTRATION FORM FOLLOWS ON NEXT PAGE



GenuWIN Sports Training
544 Anderson Drive
Romeoville, IL 60446
Phone 815-293-1872
Email gst411@yahoo.com
Website gst411.com

Summer Clinic Registration Form

GenuWIN Sports Training accepts cash, check or credit. Space is limited and **registration is required**. Register by mail, phone or email.

Athlete's Name/s _____

Age _____

Parents Name _____ Phone # _____

Email Address If Not on Our List (please print clearly) _____

X Please indicate which sessions:

Speed & Agility Boys/Girls 9+	\$100.00	Mon & Wed 8 Sessions	9 am – 10 am	June 7 – June 30	Must register by 06/04
Strength & Conditioning Boys/Girls 9+	\$100.00	Tue & Thu 8 Sessions	9 am – 10 am	June 8 – July 1	Must register by 06/04
Throwing & Fielding Boys/Girls 12 & Under	\$150.00 12 Hours	Mon -Thu	10am – 1pm	June 7 – June 10	Must register by 06/04
Hitting/Bunting Boys/Girls 12 & Under	\$150.00 12 Hours	Mon -Thu	10am – 1pm	June 14 – June 17	Must register by 06/04
Running/Sliding/Diving Boys/Girls 12 & Under	\$150.00 12 Hours	Mon -Thu	10am – 1pm	June 21 – June 24	Must register by 06/04
Attend any 2 Above Clinics and Save \$20.00					
Pitching Fundamentals Softball Ages 12 & Under	\$75.00 6 Hours	Mon -Thu	10 am – 11:30 am	June 28 – July 1	Must register by 06/04
Catchers Boys/Girls All Ages	\$75.00 6 Hours	Mon -Thu	11:30 – 1 pm	June 28 – July 1	Must register by 06/04
Total					

Pitching Fundamentals – Learn proper warm-up, cool down, stretching and strengthening of upper body.
Catchers – Learn Fundamentals of framing, blocking, throwing, catching pop-ups and pick-offs.

* Please note: **Absolutely no refunds, credits or make-ups for missed sessions.** GST reserves the right to add or cancel clinics pending registration numbers.

GenuWIN Sports Training Waiver

WAIVER AND GENERAL RELEASE AND COVENANT NOT TO SUE: As parent or legal guardian for _____ (the "Participant") I hereby give my consent to Participant's participation in the program to be held by GenuWIN Sports Training Inc. I acknowledge that participation in the program involves the risk of personal injury to Participant or others. Understanding that risk and in consideration of Participant being allowed to participate in the program, I, on my own behalf and on behalf of Participant, Participant's heirs, administrators, executors, and assigns, hereby (I) fully release and discharge GenuWIN Sports Training Inc. and all of its respective officers, agents, employees, and any and all of their respective subsidiaries or affiliates (the "Releasees") from any and all claims, demands, liabilities, or causes of action of whatsoever kind or nature, in longevity or otherwise, which here and after may accrue against them and which in any way arise as a result of Participants participation in the program, regardless of whether based on fault or negligence of the Releasees, (ii) covenant not to sue any of the Releasees for any matter relating to Participant's participation in the Program, and (iii) indemnify, defend, and hold Releasees harmless from and against any and all losses, damages, cost or expenses (including attorneys' fees and other costs of defense, which any of them may sustain as a result of, or in connection with Participant's participation in the program. I have read this Waiver and General Release and Covenant Not to Sue and Refund/Cancellation Policy. I acknowledge that I am signing this document of my own free will with full knowledge of the risks being assumed which include without limitation, the risk of injury or death to Participant regardless of how it arises and even if it results from the negligence or fault of the Releasees.

Signature _____ Date _____

All information will be kept strictly confidential.