Verona Rec Department Softball Camps

- **Recommended for all girls participating in softball**
- **Designed for all skill levels, beginner to advanced**
- **Benefits both recreational and competitive ball players**
- **30 player per camp limit, 5:1 player to teacher ratio**
- **Players are divided up within camps based on skill level**
- **Led by Edgewood College Coach Kelly Keyes**
- **College level and high school softball players help teach and mentor**

PITCHING/CATCHING CAMPS

Players will be taught all basic skills that are necessary for a pitcher and catcher to function on the field. Basic skills will Include but are not limited to; grip, stance, stride, parts of the arm swing, rotation, release, follow through, footwork (step stride, leap stride, drag), etc. Advanced skills will include but are not limited to; working in tandem with catcher, counts, different pitches (such as changes ups) and spins. Catching skills covered, stance, glove work, blocks, pass balls, pitch calling, etc.

Camp #1 Begining/Intermediate Level M/W 8:30—9:45 am	Camp #4 Intermediate/Advanced Level T/TH 8:30—9:45 am

DEFENSIVE CAMPS

These camps are for grades Kindergarten through 8th grade and players will be divided within the camps based on age groups/skill. Players will be taught all defensive skills starting at the very basic and building upon that foundation week to week. Skills covered but not limited to are; glove, grip, throwing, fielding, defensive situations, angles, grounders, flies, footwork, varying throws for situations, etc.

Camp #2 Beginner/Intermediate Level Practice M/W 9:45—11:30 am	Camp #5 4th Intermediate/Advanced Level T/TH 9:45—11:30 am

HITTING CAMPS

Players are taught and will practice the basic fundamental skills of hitting. Fundamentals such as taking a sign, proper stance, parts of a swing are covered. Other hitting skills covered are bunting, power slapping, lefty slapping, base running, sliding, etc.

Camp #3 Beginner/Intermediate Level M/W 11:45—1:00 pm	Camp #6 Intermediate/Advanced Level T/TH 11:45—1:00 pm