



INTRODUCTION TO EXCELLENCE

Welcome to Softball Saskatchewan's 3rd Annual Intro to Excellence Camp!! This camp is for female and male players born in 1995, 1996, 1997 & 1998. Those interested are to send their application form, along with a \$70.00 registration fee to Softball Saskatchewan by the July 30th, 2010 deadline. We will not accept late registrations for this camp!

Softball Saskatchewan's Intro to Excellence Camp will be held concurrently in both Saskatoon & Regina on August 21st & 22nd! This program is intended to provide players with a mix of Skill Development (6 hours), Sport Science (2 hours of Exercise Physiology & nutrition) and 2 Competitions. All players at the camp will receive a camp t-shirt. Softball Saskatchewan will select 1 team from the each age group (unless lack of numbers dictates the joining of age groups) to be invited to a 2nd camp to be held in Regina on September 11 & 12 weekend. At that camp – the teams will be randomly mixed again, to enhance your softball experience and total player development!! The 2nd camp will also have 6 hours of Skill Development (pitching, catching, hitting & positional play), 2 hours of Sport Science (Mental preparation & Exercise Physiology) and 2 Competitions to showcase your skills!

This camp follows the Softball Canada Long-Term Player Development Guide in the Training to Train (T2T) Stage. The athletes will be receiving the best available instruction from up to date sources. The focus of this camp is to develop our players and coaches further by providing them with opportunities to increase their skill level. This is done by; extending their softball season, introducing them to outside instructors (teaches them something new or reinforces their teaching methods), and introducing the players, coaches and parents to the Sport Science and Medicine Consultants. For more information – please contact Jacqueline at the Softball Saskatchewan office @ 780-9235 or jac@softball.sk.ca

INTRODUCTION TO EXCELLENCE CAMP APPLICATION

The camps are open all any player born in 1995, 1996, 1997 & 1998. They will be placed in their age specific group. Those selected will be invited to the 2nd Camp on September 11 & 12 in Regina.

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Camp you wish to attend:

August 21 & 22 Saskatoon ___ Regina ___ Please enclose registration fee of \$70.00 payable to Softball Sask.

T-Shirt Size (Please circle & don't leave blank): Adult Sizes: S M L XL

If you do not pick a size, a proper size t-shirt cannot be guaranteed for you.

NAME: _____ Female: _____ Male: _____

Email: _____ Fax: _____
A confirmation letter will be emailed or faxed after the deadline date! Please write it clearly on the space above.
Please ensure the email address listed is active & checked regularly.

ADDRESS: _____ City/Town: _____ Postal Code: _____ Phone: _____

BIRTHDATE: day _____ month _____ year _____ Hospitalization #: _____

Medical Concerns: _____

Father's Name & phone #: _____ Mother's Name & phone #: _____

Primary Position: _____ Secondary Position (s): _____

Return by July 30th, 2010 to: **Softball Saskatchewan**
(We will not be accepting **Player Registration**
late registrations!) **2205 Victoria Ave. Regina, SK., S4P 0S4**

Please note: if there is a lack of registrations in a certain category – that category could be cancelled (with full refund). If you withdraw from the camp after the deadline date, a portion of the registration fee may be refunded.