



# SYB Optimist Fastpitch Softball Pitching Clinic

with special guest instructor

## Jillian Callaway of 5 Star Athletics

This clinic is designed to teach the fundamentals of pitching fastpitch softball. Learn the proper mechanics for a fastball and a change-up. There will be 2 sessions so this is the perfect clinic for the beginner or the intermediate player looking to fine tune their motion.

**Dates:** 3/30; 4/6; 4/13 **Time:** 12-2pm **Place:** Patuxent High School

**Cost:** \$45 per person (please make checks payable to: SYB Optimist Club)

Please register by March 15th Emails will be sent to confirm registration

**Questions:** Phone: 410-474-2933 Email: [somdladypanthers@yahoo.com](mailto:somdladypanthers@yahoo.com)

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Player Name \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Insurance Company \_\_\_\_\_

Policy # \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Emergency Contact Phone \_\_\_\_\_

*please indicate session:*

Ponytail & Minors  
(ages 7-11)  
12-1 pm \_\_\_\_\_

Majors & Seniors  
(ages 12-18)  
1-2 pm \_\_\_\_\_

*Please bring your own catcher to  
each session*

Mail completed form & fee to:  
SYB Optimist  
P.O. Box 1014  
Lusby, MD 20657

I hereby certify that my child is in good health and is able to participate in the skill session. I authorize emergency treatment for my child to be given at a local hospital. I have medical coverage and will be responsible for any expenses resulting from injury, illness or accident incurred during the skill session.

Signature of Parent/Guardian \_\_\_\_\_