

Girls Fastpitch Softball Pitching Clinic

Participants will receive 4 sessions on pitching mechanics. Skills taught include straight step, fast arm, wrist snap, leg drive, glove out, and more.

Open to girls ages 7 - 18

Wednesday nights

November 9 - December 7

5:30 - 6:15 OR 6:30 - 7:15 p.m.

General Fretterd Community Center

Cost is \$129

Instructor - Lacey Lister-Lord



Each pitcher must bring their own
catcher and gloves.
Catchers under 18 must wear a face mask.

Financial Aid Available



107 South 4th Street
Denton, Maryland 21629
410-479-8120 • 410-479-4194 fax
www.carolinerecreation.org
recinfo@carolinemd.org

Girls Pitching Clinic

Name _____

Address _____

Phone _____

Cell _____

Email _____

Birthdate _____ M F

Parent/Guardian _____ Birthdate _____

Add \$5 for out of county

5:30 p.m.

6:30 p.m.

Method of Payment:

Visa AMEX

Discover MasterCard

Cash Check made payable to:
Caroline County Commissioners

Credit Card # _____

Exp.date _____ Verif. code _____

Signature _____