

Clinic Waiver...

I as parent/guardian agree to have my child participate in the Cowgirls Softball Camp In consideration of such an admission, I hereby agree to release, discharge, and hold harmless the Cowgirls Softball Camp, its officers and employees from all causes, liabilities, damages, claims, or demands whatsoever on account of injury or accident involving the minor in attendance.

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Guardian Signature

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Date



Pascack Hills Cowgirls  
Softball Camp  
2009

Scott Ernest  
Jessica Sachs  
Erin Curatola

Camp Directors

Pascack Hills Cowgirls Softball  
Camp 2009

Tuesday, June 30<sup>th</sup> to Thursday,  
July 2<sup>nd</sup>

3:30pm-6:30pm

at ...

Memorial Field  
In Montvale

QuickTime™ and a  
decompressor  
are needed to see this picture.

For Girls entering Grades 4 through

9

Both Coach Curatola & Coach  
Sachs coach PH Cowgirls Softball.

Cost...

\$70 for 2 days, or \$100 for all 3

To Register...

1) Complete an application form and  
return with check. *Make check  
payable to:*

*Pascack Hills HS Softball*

2) Send application/check to:

**Cowgirls Softball Camp**

c/o Scott Ernest

225 W. Grand Ave

Montvale, NJ 07645

Deadline to register: June 26<sup>th</sup>

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Application...

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Grade (in 9/09): \_\_\_\_\_

Date of birth: \_\_\_\_\_

### About the Camp...

Basic fundamentals make good softball players. At the Cowgirls Softball camp you will learn the basics from the Cowgirls Coaching Staff and High School players.

The objective of the camp is to learn while having FUN, regardless of age or skill level. Campers will be given instruction on how to improve their individual skills and develop an understanding of team concept in an environment that makes learning a fun experience.

### Meet the Coaches...

**Coach Curatola:** Four-year starter at Division I Bucknell University.

**Coach Sachs:** Four-year starter at Division I Florida Atlantic University.

### Sample Schedule...

3:00 Jog/Stretch

3:05 Throwing Progression

3:15 Throwing Relay Races

3:25 Defensive Stations

4:00 Lecture/Speaker

4:15 Hitting Stations

4:45 Modified Scrimmage

5:00 End of Day!

### Equipment Needed...

\*Athletic Attire

\*Sneakers/Cleats

\*Water

\*Glove

\*Helmet (if you have one)

\*Catchers should bring their own gear

### Proceeds...

Proceeds from this clinic will benefit the PHHS Cowgirl Softball Program and the Florida spring training trip.

Level of softball played:

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(Please sign waiver on back)