

# Forest Lake High School Softball Presents: **2012 Fastpitch Fundamentals Clinic**



*The FLHS varsity coaching staff and varsity players are bringing the softball athletes of Forest Lake an opportunity to improve their hitting and defensive skills in the off-season. We will be working on bunting, hitting, throwing, receiving, fly balls, ground balls and position specific skills. There will be at least one coach for every seven players who attend. Get ready for the 2012 season!*

**Both sessions are taking place on February 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> and March 4<sup>th</sup>**

**Session 1: 7<sup>th</sup> Grade-10<sup>th</sup> Grade      2:30-4:30 pm**

**Session 2: 3<sup>rd</sup> Grade-6<sup>th</sup> Grade      5:00-7:00 pm**

- Where:** Forest Lake Senior High Schools Main Gym, Field House and Mezzanine  
**When:** Sunday's; February 12, 19, 26 and March 4  
**Who:** This is for anyone who plans on playing now or in the future for Century, Southwest, FLHS, or Forest Lake Area Fastpitch Association  
**How Much:** \$75 (all proceeds will go to FLHS Softball Booster Club)  
**Miscellaneous:** Please bring your own glove, water, batting gloves, helmet, and bat (if you have one).  
**Questions:** Angie Ryan, 651-982-3041

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## Forest Lake Fastpitch Fundamentals Clinic Registration Form- 2012

Name \_\_\_\_\_ School and Current Grade \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Parent's Name \_\_\_\_\_ Parent Cell Phone \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Email Address \_\_\_\_\_

### Softball Release Form

I grant permission for \_\_\_\_\_ to participate in the softball clinic. We accept full responsibility for any injury received while participating in the program. We understand that Forest Lake Area Schools and its employees are not responsible for any injury to the above-named participant.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

**Make check payable to:** FLHS Softball Booster Club  
**Send to:** Attn: Angie Ryan      \_\_\_\_\_ Session 1      \$75  
 Century Jr. High      \_\_\_\_\_ Session 2      \$75  
 21395 Goodview Ave. N.  
 Forest Lake, MN 55025

**Registration Deadline:** February 9<sup>th</sup>, 2012 (Only 40 players will be able to participate per session. Please register as soon as possible.)