

PERSONALIZED PITCHING LESSONS

Date: Saturday, February 1, 2020

About the Lessons: The Personalized Pitching Lessons feature three students for one pitching instructor per hour. You may choose how many hours and days of pitching instruction you want. It is recommended that pitchers sign up for no more than two hours per day. The instructors will be BU Head Coach/Pitching Coach Susan Kocher as well as BU's current pitchers. The Personalized Pitching Lessons will provide instruction for the basic fundamentals of the windmill pitching motion as well as teaching and fine tuning various pitches – change-up, drop, curve, screw and rise. Troubleshooting and mental aspects of the game will also be stressed. These lessons are for beginner to advanced pitchers. The instructors will adapt the lessons to the skill level of the pitcher. Each pitcher must provide her own catcher for each 1 hour lesson.

Time: Participants will sign up for a lesson time and date
9:00-10:00 a.m.; 10:10-11:10 a.m.;
11:20 a.m.-12:20 p.m.; 12:30-1:30 p.m.
2:00-3:00 p.m.; 3:10-4:10 p.m.

Cost: \$45 per hour with Susan Kocher. \$35 per hour with a BU pitcher. A \$25 deposit is needed in advance to reserve a place. The balance is due at your lesson.

Participants: Grades 4-12

Make checks payable to: CGA Husky Fund and mail to:

**Softball Office
Bloomsburg University
400 East Second St.
Bloomsburg, Pa. 17815-1301**

What to Bring: You must bring a glove and someone to catch for you. This can be a catcher, a parent, or friend. We recommend that student catchers wear a mask. Balls will be provided.

**Susan Kocher Contact Info:
Phone: 570-389-4871
E-mail: skocher@bloomu.edu**

View this on-line at www.buhuskies.com

INFIELD CLINIC

Date: Sunday, February 9, 2020

About the Clinic: The focus of the clinic is to teach the basic fundamentals of the infield positions for fastpitch softball.

Time: 9:30 a.m.-12:00 p.m.

Cost: \$45 for the session. A \$25 registration fee is needed in advance to reserve a place in the clinic. The balance is due the day of the clinic.

Participants: Grades 6-12

CATCHING CLINIC

Date: Sunday, February 9, 2020

About the Clinic: The clinic will consist of two and a half hours of catching instruction which will progress through the basic fundamentals of blocking, fielding, throwing and receiving pitches. Players need to bring a glove and catching equipment.

Time: 1:00-3:30 p.m.

Cost: \$45 for the session. A \$25 registration fee is needed in advance to reserve a place in the clinic. The balance is due the day of the clinic.

Participants: Grades 6-12

Make checks payable to: CGA Husky Fund and mail to:

**Softball Office
Bloomsburg University
400 East Second St.
Bloomsburg, Pa. 17815-1301**

**Susan Kocher Contact Info:
Phone: 570-389-4871
E-mail: skocher@bloomu.edu**

HITTING CLINIC

Date: Sunday, February 2, 2020

About the Clinic: The focus of the clinic is to teach the basic hitting technique of fastpitch softball. The clinic is also designed to teach the hitter to take her skills to the next level with instruction on hitting the inside, outside, high and low pitch and changeup.

There is limited space, so register early. Current members of the BU softball team will also be helping with the clinic.

Time: Participants will sign up for a clinic time and will be divided into groups according to age. We offer two sessions: 9:00 a.m.- 12:00 p.m. and 1:00-4:00 p.m.

Cost: \$55 for the session. A \$25 registration fee is needed in advance to reserve a place in the clinic. The balance is due the day of the clinic.

Participants: Grades 4-12



**Susan Kocher Contact Info:
Phone: 570-389-4871
E-mail: skocher@bloomu.edu**

REGISTRATION FORM

PERSONALIZED PITCHING LESSONS with BU PITCHER (\$35/hr)

Saturday, February 1, 2020

9:00 AM - 10:00 AM _____
 10:10 AM - 11:10 AM _____
 11:20 AM - 12:20 PM _____
 12:30 PM - 1:30 PM _____
 2:00 PM - 3:00 PM _____
 3:10 PM - 4:10 PM _____

PERSONALIZED PITCHING LESSONS with SUSAN KOCHER (\$45/hr)

Saturday, February 1, 2020

9:00 AM - 10:00 AM _____
 10:10 AM - 11:10 AM _____
 11:20 AM - 12:20 PM _____
 12:30 PM - 1:30 PM _____
 2:00 PM - 3:00 PM _____
 3:10 PM - 4:10 PM _____

HITTING CLINIC - Sunday, February 2, 2020 (\$55) - Check one:

9:00 AM - 12:00 PM _____
 1:00 PM - 4:00 PM _____

INFIELD CLINIC - Sunday, February 9, 2020 (\$45)

9:30 AM - 12:00 PM _____

CATCHING CLINIC - Sunday, February 9, 2020 (\$45)

1:00 PM - 3:30 PM _____

**\$25 DEPOSIT DUE WITH APPLICATION.
 MAKE CHECKS PAYABLE TO: CGA HUSKY FUND**

Name: _____

Address: _____

Cell Phone: _____

E-mail Address: _____

Would you like to receive info on future camps / clinics via e-mail?

Yes _____ No _____

School: _____

Year in School: _____ No. of Years Pitching: _____

Infield Position: _____

Amount Enclosed: _____

I approve my daughter's attendance at the Bloomsburg University Developmental Pitching Clinic and certify she is in good health. If medical attention is required for injury, I hereby grant permission for such care to be rendered. Furthermore, I do hereby recognize and understand that the university and the coach(es) are not responsible for any injury of any kind which may occur on the way to, during or on the way home from the clinic.

Parent's/Guardian's Signature: _____

Insurance Company: _____

SOFTBALL AT BLOOMSBURG UNIVERSITY

Bloomsburg softball is the winningest program in NCAA Division II history and has established itself as the leader of the Pennsylvania State Athletic Conference (PSAC). In addition, the Huskies have made 35 national tournament appearances.

The Huskies have won 16 PSAC Championships and have 1,496 wins in the program's 43-year history (an average of 34.8 wins per season). Also, 44 players have gained 72 All-American awards and an exciting brand of play has provided plenty of action, allowing Bloomsburg to outscore its opponents more than four to one in that time period.

In 1982, Bloomsburg won the AIAW Division III national championship. Moving up to Division II, the Huskies have finished among the top eight in the NCAA Division II national tournament 17 times with second place finishes in 1991 and 1995; third place finishes in 1986, 1990, 1992, 2000, and 2002; and fourth place finishes in 1993 and 2001.

SUSAN KOCHER

Kocher begins her tenth season as head coach of the Huskies and is in her 33rd year overall at Bloomsburg after serving as assistant coach for 23 years. During her playing days, Kocher pitched four years for the Huskies. She was an All-PSAC selection three times and earned All-American honors in her junior and senior seasons. She holds several Bloomsburg season records, including games pitched (40), innings pitched (256.2), least hits allowed (26), and most wins (24). Kocher also threw eight no-hitters in her four seasons with the squad. As pitching coach at Bloomsburg, she has coached 11 players to All-American status. She was inducted to the Bloomsburg University Athletic Hall of Fame in 1999.



Bloomsburg University is committed to Affirmative Action and Equal Opportunity. Minorities, women and other protected class members are urged to pursue educational and employment opportunities at Bloomsburg University.

HUSKIES SOFTBALL DEVELOPMENTAL CLINICS at Bloomsburg University Nelson Field House



PITCHING

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INFIELD

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CATCHING

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Learn and practice the fundamentals from members of the Bloomsburg University Softball team and coaching staff.