

2011 CREIGHTON WINTER SOFTBALL CAMPS



December 27th-30th, 2011

**Offense, Defense, and
Pitching**

For more information:
www.gocreighton.com

CAMP OVERVIEW

The Creighton Softball coaching staff would like to invite you to our **2011 Winter Softball Camps**. These camps provide an opportunity for players of all ages to learn and develop their skills under the personal attention of the Bluejay Softball Staff. Fundamentals will be emphasized through individual and group instruction combined with drill work to help each player become the best she can be.

Ages 8-13

Junior Jays Pitching Camp \$50

December 29th 9:00 – 11:30 a.m.

Instruction will focus on teaching proper method of warm-up and stretch mechanics as well as emphasis on correct delivery and pitching grips. Pitching stations will offer participants the opportunity to improve upon newly acquired skills and information. Campers should provide their own catcher.

Junior Jays Hitting Camp \$50

December 30th 9:00 – 11:30 a.m.

Instruction will focus on teaching players the proper swing mechanics to promote bat speed and consistency at the plate. Each player will go through a variety of supervised hitting stations to reinforce concepts being taught.

Junior Jays Fundamental Camp \$50

December 30th 1 – 3:30 p.m.

Camp includes proper method of warm-up with strong emphasis on throwing and receiving fundamentals. Fielding mechanics, and base running will all be addressed through extensive drill work.

Ages 14 & up

Senior Jays Hitting 1- Fundamentals \$50

December 27th 9:00 – 11:30 a.m.

Instruction will focus on the proper swing mechanics to promote increased bat speed and consistency at the plate. Each player will go through a variety of supervised hitting stations to reinforce concepts being taught.

Senior Jays Hitting 2-Slapping/Short Game \$50

December 27th 1-3:30 p.m.

Camp includes right and left hand slapping and short game fundamentals. Situational bunting including sacrifice, surprise, triple bunt, and squeeze, and slapping will be taught through drill work, machine work, and live arm.

Senior Jays Defense 1- Fundamentals \$50

December 28th 9 – 11:30 a.m.

Camp includes proper method of warm-up with strong emphasis on throwing and receiving fundamentals. Fielding mechanics and base running will all be addressed through extensive and more challenging drill work.

Senior Jays Defense 2- Positional Play \$50

December 28th 1-3:30 p.m.

Instruction will focus on positional specific techniques. Players will be divided so outfield, infield corner & middle, pitcher, and catcher mechanics can be addressed. In addition, situational instruction will be incorporated.

Senior Jays Pitching Camp \$50

December 29th 1 – 3:30 p.m.

Instruction will focus on teaching proper method of warm-up and stretch mechanics as well as emphasis on correct delivery and pitching grips. Specific pitches will be addressed individually. Additionally, the mental aspects of pitching will be specifically addressed for this age group. Campers should provide their own catcher.

CAMP INSTRUCTORS

Application for enrollment *(please print)*

GENERAL INFORMATION

FACILITIES: Creighton's indoor hitting facility located in the Kitty Gaughan Pavilion adjacent to the baseball and softball fields located on 23rd and Burt will be the site of the hitting camps. The *Kiewit Fitness Center*, located off of 24th and Cass, between Burt and Dodge Streets, will serve as the site of the fundamental and pitching camps. Lunch will NOT be provided; however, campers can bring their lunch and dine in these facilities in between camps.

EQUIPMENT: Campers should bring their own bat for the hitting camps, and glove for the fundamental and pitching camps along with comfortable workout attire. All pitchers must provide their own catcher for the pitching clinics. You can wear tennis shoes in all of our indoor facilities; however, cleats are NOT allowed in the Kiewit Fitness Center and soles should be non-marking.

HEALTH CARE: All campers must carry their own insurance. Creighton Softball Camp and Creighton University cannot be responsible for injuries sustained at the camp.

REGISTRATION: All campers must have a registration and parental consent form on file prior to participating. Registration will take place in the **Kitty Gaughan Pavilion** for hitting camps and at the **Kiewit Fitness Center** for defensive and pitching camps. Each camper will receive a Creighton Softball T-shirt! (one shirt per camper for the week)

***Please reserve your spot via mail, phone or e-mail by December 13th.*

REGISTER ON-LINE FOR CAMP!!!!
www.creightonsoftballcamps.com

QUESTIONS: Call (402) 280-5806 or email:
abbyjohnson@creighton.edu

Brent Vigness Head Coach

Brent Vigness is in his 19th season as the head coach of the Creighton Softball Team and owns a record of 553-373-2. The 1998, 2007, and 2008 MVC Coach of the Year has guided the Bluejays to six regular season conference titles, and 1999, 2003, 2004, 2005, 2007, and 2010 MVC Tournament titles as well as births to the NCAA Regional Tournament. In 2005, the Bluejays compiled a 44-13 record, making their third straight NCAA Tournament appearance. After a slight rebuilding year, the Bluejays compiled two straight 40+ wins season in 2007 and 2008, earning 1 MVC Tournament Championship and 3 straight Regular Season Championships from 2007-2009 as well as 6 NCAA Regional Tournament births in the last 8 years.

Under Vigness, the Bluejay softball team has been the winningest team in the Missouri Valley Conference over the past nine seasons. The Bluejays are tied for most consecutive conference tournament championships with three. In 2010, the Bluejays again broke records in team and individual homeruns (season), and individual RBI's, runs, total bases, walks, HBP, and sacs as well as pitching records (season and career) in wins, strike outs, appearances, starts, complete games, & innings.

Abby Johnson Assistant Coach

Abby Johnson, an Omaha native, is in her seventh year as an assistant coach after a prolific career as a Bluejay. Johnson was a four year starter at pitcher, first base and designated hitter receiving All-MVC honors each year, and was named to the MVC All-Centennial Team in 2007. The 2004 Women's Major All-American and 2005 MVC Player of the Year is found in numerous offensive and pitching categories in the CU record books. She works primarily with pitchers, catchers, and outfielders.

Laura Kratochvil Assistant Coach

Laura Kratochvil is in her second year as an assistant coach after serving as the volunteer assistant in 2010 and playing four years at Creighton from 2006-2009. During her career, Laura served as a starting catcher and designated hitter. During her senior year, Laura led the team in batting average, hits, home runs, and RBI's before a career ending injury. She was also named the MVC Player of the Week on March 23rd, 2009. Laura works primarily with catchers, and pitchers.

Rena Sinkler Assistant Coach

Rena Sinkler is in her first year as an assistant coach after a record setting career as a Bluejay, playing from 2007-2010. Throughout her career, Rena started at first base, left field, short stop, and designated hitter. This two-time MVC Player of the Year and three-time All MVC earned Third Team All-American honors in 2010 and was named National Player of the Week on April 14th, 2008. She also owns the Creighton single season and career records in homeruns, RBIs, and total bases as well as the single season record for runs scored. Rena works primarily with infielders.

Name	Age and Grade
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Address	
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City/State/Zip	
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Parents Name	
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Home Phone	Work Phone
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Email Address	
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Insurance Company	
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Policy Holder & Number	
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Creighton University cannot be responsible for injuries sustained at camp. All campers must carry their own insurance and parents or legal guardians must sign below in understanding and compliance with this policy.

Parent's Signature

Check the appropriate boxes:

Hitting \$50

- | | | |
|---|-----------------------|----------------|
| <input type="checkbox"/> Sr. Jays Hitting 1* | Dec. 27 th | 9 – 11:30 a.m. |
| <input type="checkbox"/> Sr. Jays Hitting 2* | Dec. 27 th | 1 – 3:30 p.m. |
| <input type="checkbox"/> Jr. Jays (Ages 8–13) | Dec. 30 th | 9 – 11:30 a.m. |

Defense \$50

- | | | |
|---|-----------------------|----------------|
| <input type="checkbox"/> Sr. Jays Defense 1* | Dec. 28 th | 9 – 11:30 a.m. |
| <input type="checkbox"/> Sr. Jays Defense 2* | Dec. 28 th | 1 – 3:30 p.m. |
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Pitching \$50

- | | | |
|---|-----------------------|----------------|
| <input type="checkbox"/> Jr. Jays (Ages 8-13) | Dec. 29 th | 9 – 11:30 a.m. |
| <input type="checkbox"/> Sr. Jays* | Dec. 29 th | 1 – 3:30 p.m. |

*** Open to Ages 14 & Up**

T-Shirt Size (circle one): YM YL S M L XL

Send Application and fee to:

**Softball Camp
 Creighton Athletics
 2500 California Plaza
 Omaha, NE 68178**

Make check payable to

Creighton Softball Camp