



Blue Demon Softball 2019 Winter Camp

January 12th or 13th

Grades: 7th – 12th

9:00 – 5:00pm

***Lunch on your own**
12:00 – 1:00pm*

\$175.00

Design Your Own Camp

All campers will rotate through the 3 sessions to ‘Improve Your Numbers’ in the morning.

Then will select which 45-minute skill focus they would like to attend during each of the 4 afternoon sessions.

During registration, each camper will sign-up for which skill focus they would like to attend during the 4 afternoon sessions. Some skill focus groups will be limited by number.

Pick your Date:

Sat, Jan 12th OR Sun, Jan 13th

Morning Session:

Improving your Numbers

Hitting Focus Skills:

Bat Speed Producing Power
Swing Mechanics Drills, Drills, Drills

Defensive Focus Skills:

Throwing Skills Infield Skills
Outfield Skills Catching Skills

Specialty Focus Skills:

Pitching Foundation Fielding Reactions
Pitching Mentality Base Running

Classroom Focus Skills:

Elite Mentality
Preventative & Training Drills

All DePaul Softball camps are open to any and all entrants, limited only by numbers and age.

PLAYING POSSESSED



~~ Morning Sessions ~~

9:00 – 12:00pm

Speed & Base Running

Get your times from Home-to-1st and Pro Agility, then learn how to improve your speed and base running techniques

Power & Offense

Get the Exit Velocity in your swing and Broad Jump, then learn how to increase your power and swing production

Arm Strength & Throwing

Get your Arm Velocity and Target Efficiency, then learn how to improve your arm strength and accuracy

~~ Afternoon Sessions ~~

Session #1 (choose one) 1:00-1:45pm

Hitting Focus = *Swing Mechanic Drills*
Defensive Focus = *Infield Skills & Drills*
Specialty Focus = *Pitching Mentality*
Classroom Focus = *Elite Mentality & Techniques*

Session #2 (choose one) 2:00-2:45pm

Hitting Focus = *Producing Power Drills*
Defensive Focus = *Throwing Skills & Drills*
Specialty Focus = *Fielding Reactions & 1st Steps*
Classroom Focus = *Preventative & Training Drills*

Session #3 (choose one) 3:00-3:45pm

Hitting Focus = *Increasing Bat Speed Drills*
Defensive Focus = *Catching Skills & Drills (w/ pitcher)*
Specialty Focus = *Pitching Mentality*
Classroom Focus = *Elite Mentality & Techniques*

Session #4 (choose one) 4:00-4:45pm

Hitting Focus = *Drills, Drills, Drills for Offense*
Defensive Focus = *Outfield Skills*
Specialty Focus = *Base Running Techniques*
Classroom Focus = *Preventative & Training Drills*



Pick Your Date:

Sat, Jan 12th

Sun, Jan 13th

**** Campers grades 7th – 12th only**

Name: _____

Address: _____

City: _____ St: _____ Zip: _____

Email: _____

Phone: _____

Grad Year: _____ Date of Birth: _____

School: _____

Travel Team: _____

Parent/Guardian: _____

Emergency Phone: _____

Alternate Emergency Contact: _____

Alternate Emergency Phone: _____

T-Shirt Size: (youth) M L (adult) S M L XL

We must have a signed waiver form for each camper. The waiver will be on our website under the "Camp" link.
If a parent accompanies their child to the camp, you may complete the form at check in.
Campers WILL NOT be able to participate without the waiver being turned in prior to the start of the camp.



Make checks payable to:
DePaul University

Mail payment and registration to:
DePaul University – Athletics
Attn: Blue Demon Softball
2323 N Sheffield Ave
Chicago, IL 60614