

SACRAMENTO STATE SOFTBALL CLINICS FOR GIRLS

PROSPECT CLINIC (ages 14-18)

Saturday, Jan. 30, 2010: 10 a.m. – 2 p.m.
(Enrollment limited to 30 participants)

HITTING CLINIC (ages 7-18)

Saturday, Feb. 6, 2010: 10 a.m. – 1:30 p.m.

CLINIC DESCRIPTIONS

- **Prospect Clinic:** Focus on advanced individual and team skills and concepts. Experience an NCAA Div. I collegiate softball practice (includes tour of campus). These clinics do not include pitching and catching instruction.
- **Hitting Clinic:** The hitting clinic allows participants to learn the proper techniques of hitting, bunting, running slap, how to work the strike zone and how to prepare for your next at-bat.

FEES

Early-Bird Discount Fee: \$65
(Registration must be received one week prior to clinic date)

Walk-Up Registration Fee: \$75
(Registration received day of clinic)

Group Rate Registration (5 or more): \$55 per person
*All group reservations must be made by calling (916-278-5376) or e-mailing (lori.perez@csus.edu) the softball office a minimum of one week prior to the clinic to receive a discount. Remember, **each participant** attending the clinic(s) must turn in a **signed registration form**. If you need additional forms, please make copies or visit our website: www.hornetsports.com.

All Sacramento State camps are open to any and all entrants per NCAA rules, but are limited as noted by number, age, grade level and/or gender.

WHAT TO BRING

Softball gear (label all belongings), appropriate attire for weather conditions, snacks and drinks.
Weather Information: In case of inclement weather, please call (916) 278-5376 on the morning of the clinic for field conditions and instructions.

LOCATION/DIRECTIONS

All clinics will be held at the softball field at Sacramento State near Highway 50. **Eastbound 50:** Exit at Power Inn Road/Howe Ave. Left at College Town Dr. and around campus. **Westbound 50:** Exit at Howe Ave. Go straight ahead on College Town Dr. and around campus. The softball field is on the other side of the tennis courts.

PARKING

You will need to purchase a daily parking permit if you intend to stay and watch the clinic. You can purchase a \$6 parking permit at any Information Booth or on the 5th floor of the parking structure located next to the softball field.

INSURANCE

Sacramento State Athletics purchases secondary excess accidental medical coverage, in the amount of \$25,000, for all individual clinic participants. There is a deductible which shall be the parent's responsibility. Teams must provide a certificate of insurance. Please be sure to read the attached liability release and medical treatment authorization form and provide all information requested. The parent/legal guardian must sign the liability release form and medical treatment authorization before any child can participate.

COACHING STAFF

Both camps will be run by Sacramento State's coaching staff, including head coach Kathy Strahan, assistants Cara Hoyt and Lori Perez, and student assistant Jamie Schloredt. Brief bios of each coach can be found on the next page.

REFUND POLICY

In case of an emergency, participants may request a refund of their registration fee. If the request is made at least seven (7) days prior to the start of a camp session, there shall be no penalty fee. There will be a \$20.00 fee for checks returned by bank. Stopped payments do not constitute a refund. Refunds must be requested.

MORE INFORMATION

Any questions, please email lori.perez@csus.edu or call the Sacramento State softball office at (916) 278-5376.

Informed Consent, Liability Release and Medical Treatment Authorization

I request that my child (identified on this form) be permitted to participate in the identified sport/athletic Clinic activity and agree to the following: I understand and agree that my child's participation in this activity may expose him/her to risks of injury or death. The risks include but are not limited to **death, injury, serious neck and spinal injuries, paralysis, brain damage, injury to vital organs, bones, joints, muscles and tendons.** I will counsel my child so he/she understands that it is important for his/her safety and the safety of others, to follow all instructions of the Clinic coaches and staff. I agree that I am responsible for my child's conduct while he/she is at camp.

In consideration for my child's participation in this activity, on behalf of myself and my child, I release, discharge and hold harmless the Clinic, State of California (State), California State University, Sacramento (CSUS), the California State University (CSU), its Trustees, officers, coaches, volunteers, employees and agents **from all liability, claims, costs, and expense**, arising out of these activities which may result in injury or illness to my child. I also agree to defend and indemnify the Clinic, State of California (State), California State University Sacramento (CSUS), its Trustees, officers, coaches, volunteers, employees and agents.

I am the parent/legal guardian of the child. I further agree that the Clinic Staff and the CSUS are **authorized to obtain and authorize emergency medical treatment** for my child, up to and including emergency hospitalization and surgery. I agree to be personally responsible for any related medical expenses. On behalf of my child, and myself I further release the Clinic, State, CSUS, CSU and any medical provider of emergency treatment to my child for any related liability. A copy of this agreement shall suffice as original.

Health Insurance Company: _____

Policy Number: _____

Child's Name: _____

Parent/Legal Guardian Name: _____

Parent Phone: _____

Employer: _____

Signed: _____

Parent/Legal Guardian

Date: _____

Prospect Clinic (ages 14-18)

Hitting Clinic (ages 7-18)

Name: _____

Age: _____

Address: _____

City: _____

Zip: _____

Cell Phone: () _____

Hm. Phone: () _____

Wk. Phone: () _____

Parent Name: _____

Contact E-Mail Address: _____

School Playing Exp.: _____

Please make check payable to SACRAMENTO SOFTBALL CLINICS and mail to:
Hornet Softball Clinics for Girls, Sacramento State Athletics, 6000 J Street, Sacramento, CA 95819-6099

SACRAMENTO STATE COACHING STAFF



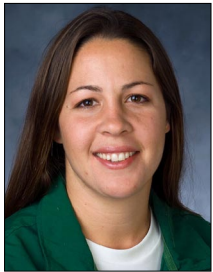
HEAD COACH KATHY STRAHAN

The winningest softball coach in Sacramento State history, Kathy Strahan enters her 18th season at the Hornets' head coach. With 26 years of head coaching experience under her belt, Strahan has accumulated 731 career victories and ranks among the top 20 active Div. I head coaches in victories. Under Strahan's guidance, the Hornets have advanced to the NCAA Regionals three times, and the program has won 28 or more games six times in the last seven years. The Hornets have yet to finish below the .500 mark in conference play since joining the Pacific Coast Softball Conference in 2003, and is 65-33 in PCSC play over that span. An All-American shortstop at Michigan State, Strahan helped lead the Spartans to the 1976 national championship. A holder of two degrees in physical education, she was a 2001 inductee into the Greater Lansing Sports Hall of Fame and a 1995 inductee into the Michigan ASA Hall of Fame. While playing amateur ball, Strahan won three national championships (1977-78, '80) with the ASA Raybestos Brakettes. She is also the author of a 224-page book entitled, Coaching Girls Softball, which details how to coach softball to girls.



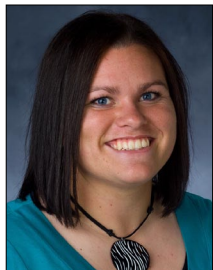
ASSOCIATE HEAD COACH CARA HOYT

Associate head coach Cara Hoyt enters her fifth season on the Hornets' coaching staff. She serves as both the Hornets' hitting and outfield coach, as well as the team's recruiting coordinator. Since her arrival, Sacramento State has set single-season team records in nine different offensive categories, including a program-record 34 home runs in both 2008 and 2009. In fact, Hoyt has guided the Hornets' offense to its four most prolific years in program history. Prior to her arrival at Sacramento State, she spent four years as the head coach at Cal State Hayward.



ASSISTANT COACH LORI PEREZ

Former Sacramento State softball star Lori Perez enters her sixth season on the Hornets' coaching staff. A team captain and all-conference selection during her playing days, she serves as the team's pitching coach, bench coach and first base coach while also working with the catchers, and assisting with recruiting. A four-year starter for Sacramento State from 1999-2002, Meixner appeared in 196 games (including 190 starts) at second base, shortstop and third base. Since Perez became the team's pitching coach in 2005, Hornet pitchers have accounted for seven all-conference selections.



STUDENT ASSISTANT JAMIE SCHLOREDT

One of the top players in school history, Jamie Schloredt begins her first season on Sacramento State's coaching staff. She ranks among Hornet career leaders in numerous categories, including first in home runs (35), RBIs (149) and walks (103), tied for first in batting average (.371), second in hits (215), tied for second in doubles (36) and tied for third in runs scored (99). A four-time first team all-conference selection and two-time conference MVP, Schloredt was the 14th overall selection by the Chicago Bandits of the National Pro Fastpitch League in the 2009 draft, and played for the team this past summer.