

O. A. S. A. Springboard

Player Skills and Coaching Sessions

Saturday April 16, 2011

***Rudy Brown Development Centre
Guelph University Ridgetown
Campus
120 Main Street east
Ridgetown Ontario NOP 2C0***

Saturday April 30, 2011

***Quinte Christian High School
138 Wallbridge Loyalist Road
Belleville Ontario K8N 4Z2***

The Instructors

Belleville

***Joe Lewis Coach of SC Jr. Men's Champs
Scott Searle Coach University of Ottawa
Rory Quigley SO Participation Chair
Bryan Brooks Softball Ontario Master
Pitching Instructor
Cory Brooks Softball Ontario Regional
Pitching Instructor
Chris Lamer Softball Ontario ZUIC***

Ridgetown

***John Snook Softball Ontario ZUIC
Doug Charlton Softball Ontario Master
Pitching Instructor
George Ryder Team Ontario Coach
Ray Tilley Former Team Canada player***

Pre Clinic Registration

***Participants are encouraged to pre
register on the OASA website
www.oasa.ca by clicking on the
Springboard link on the front page.***

Coaching Sessions

***The coaching sessions will begin at
9:00am and 12:40pm. They will be age
appropriate to the specific age group.
Coach presenters will discuss techniques
drills and practice organization as well as
a question and answer period. There will
also be a qualified Softball Ontario
Umpire present to discuss rules of the
game and changes for this year.***

Insurance

***OASA team insurance is available by
selecting the application on the OASA
website www.oasa.ca or by contacting
Ron Taylor at 705-778-2637***

OASA HIGH & INSIDE

***The OASA is now sending their
newsletter "High & Inside" electronically
to interested individuals in the softball
community. If you are interested in
receiving the "High & Inside" newsletter
by email please contact Jeff Geddes 519-
674-1823 or jeffgeddes@sympatico.ca***

**Springboard Ridgetown
April 16, 2011**

There will be a morning and an afternoon session. The morning session will be for players 7-12 years of age and the afternoon session will be for players 13 to 18 years of age. The coaches session will run in the morning and afternoon and will focus on those age groups

Schedule

Morning Ages 7-12

9:00-9:20am Warm-up

**9:20-10:00 Group 1 Hitting
Group 2 Fielding**

**10-10:40 Group 1 Fielding
Group 2 Hitting**

**10:40-11:40 Pitching/Catching
Throwing/Base running**

The afternoon sessions will follow the same schedule.

**Afternoon Ages 13-18
Session begins at 12:40pm**

**Springboard Belleville
April 30, 2011**

There will be a morning and an afternoon session. The morning session will be for players 7-12 years of age and the afternoon session will be for players 13 to 18 years of age. The coach's session will run in the morning and afternoon and will focus on those age groups.

Schedule

Morning Ages 7-12

9:00-9:20am Warm-up

**9:20-10:00 Group 1 Hitting
Group 2 Fielding**

**10-10:40 Group 1 Fielding
Group 2 Hitting**

**10:40-11:20 Pitching/Catching
Throwing/Base running**

The afternoon sessions will follow the same schedule.

**Afternoon Ages 13-18
Session begins at 12:40pm**

Registration Form

If it is not possible for participants to register on the OASA website, please complete the following form.

Name: _____

Age(if player) _____

Telephone () _____

Email _____

Circle the appropriate response below.

- a) *player or coach*
- b) *Belleville or Ridgetown*
- c) *morning or afternoon*

Please enclose five dollar cheques payable to the OASA.

*Participants attending Belleville mail to:
Karen Mills 1209 Palace Road RR#4
Napanee ON K7R 3K9*

*Participants attending Ridgetown mail to:
Jeff Geddes PO Box 716 Ridgetown ON
N0P 2C0*

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