

# Instructional Pitching and Catching Clinics

Sponsored by Burnsville Athletics  
Department



**WHAT:** Burnsville High School Softball Program will be offering a clinic for pitchers and catchers of various ages and skill levels. All are welcome who want to learn and better develop skills to make them a successful softball player at a competitive level.

**WHERE:** F190 Gym at Burnsville High School, 600 Highway 13 E Burnsville, MN 55337

## **WHEN and How Much:**

Session 1 (\$100): November (19, 26)  
December (3, 10, 17) January (7, 14, 21)  
Session 2 (\$100): January 28 February (4,  
11, 18, 25) March: (4, 11)

**You can attend both sessions for only \$190!!!**

All sessions will be held on the Sundays above, at the times below:

12:00pm: 8U and 10U session (Beginning Pitchers)

1:00pm: 10U and 12U session (Intermediate Pitchers)

2:00pm: 12U and 14U session (Advance Pitchers)

3:00pm: Beginning and Intermediate Catching session

4:00pm: Advanced Catching session

If you are a 10U or 12U pitcher you have the option to pick which session to attend. 10U can choose between the 12pm and 1pm sessions. 12U can choose between the 1pm and 2pm sessions.

**Suggestion:** 10U who are more advanced pitchers attend the 1pm, 12U who are more advanced chose attend the 2pm.

Pitching Clinician **Becky Akerson**, a graduate of Lakeville High School in 2011 will be the clinician for the pitching sessions. Her senior year at Lakeville came with a Section championship. After high school, Becky went on to play at Bethel University where she received an All-MIAC pitching award. Becky is passionate about passing along her love for softball to young athletes and is looking forward to running this clinic.

Catching Clinician **Heidi Stewart**, a current student-athlete at Burnsville enters her 4th year on Varsity this season. Heidi has received catching instruction from former collegiate players and current collegiate coaches. She has been awarded the All-Conference Honorable Mention Award the past 2 season with the Blaze and has played for elite summer teams like Sting, Clutch Hitters and Midwest Speed. Heidi is very excited to be running the catching portion of this clinic!

**Department FAQ: Will my daughter receive individualized instruction? ---**

YES!!! Each session has a limited number of girls and ages allowing for group and individual instruction throughout the session.

**Does my daughter need to be from the Burnsville school district to participate?**

---NO!!! All kids are welcome!!!

**What should I bring?** ---Every clinic you must bring your own catcher if you are attending one of the pitching sessions. If you are attending the catching sessions you must bring your own gear. Each player should be wearing athletic clothes (ex. t-shirt and shorts). No cleats are allowed on the gym floor so you must wear tennis shoes. **EVERYONE BRING A GLOVE!!!**

**Format:** Beginning weeks will be creating baseline fundamentals for all levels of pitchers and catchers, while still receiving individualized instruction. As the weeks progress, each pitcher/catcher will receive more and more individualized attention so that EACH pitcher/catcher can achieve the most individual progress over the sessions.

Registration form is below. Send all registration forms and payment to Burnsville High School Attn: Rachel Keeney, 600 E. Hwy 13 Burnsville, MN 55337

If you have ANY questions, call Rachel Keeney at (952) 707-2193 or Becky Akerson 952-707-2144.

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**Registration Form**

Athlete Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address/City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Circle Session you wish your daughter to attend: Session 1 (\$100) Session 2 (\$100) OR Both Sessions (\$190)

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12:00pm - 8-10U pitching

1:00pm - 10-12U pitching

2:00pm - 12-14U pitching

3:00pm - Beginning/Intermediate catching

4:00pm - Advanced catching

PLEASE INCLUDE PAYMENT WITH THIS FORM AND SEND TO BHS MAIN OFFICE 600 E. HWY 13 BURNSVILLE, MN 55337 ATTN: RACHEL KEENEY!!!