

# GUILFORD COLLEGE FALL SOFTBALL CAMP

Guilford College  
Softball

Fall Camp  
2009

**Date:**  
November 7<sup>th</sup> & 8<sup>th</sup>

**Where:**  
Haworth Softball Field – Guilford  
College

**Who:**  
Females ages 12 and up

**Time:**  
Registration Saturday 8:30 – 9:00

## Topics & Drills

1. Defensive Positions
2. Offense
3. pre-practice warm-ups
4. The mental game
5. Speed, speed and more speed
6. Practice to be better
7. NCAA rules for DI, DII, DIII

Contact Information  
[Shoresdw@guilford.edu](mailto:Shoresdw@guilford.edu)  
336-316-2247

Coaching Staff  
Head Coach Dennis Shores  
Assistants Coaches:  
Randy Hutcherson  
Steven Hill  
Teresa Sanford  
Amber Stapler

## Camp Schedule

### Saturday

8:30 – 9:00 Registration  
9:00 – 9:10 Form groups  
9:10 – 9:40 Proper warm-ups  
9:40 – 10:20 Defensive development groups \*  
10:20 – 10:40 Break  
10:40 – 12:00 Defensive development groups \*  
12:00 – 1:00 Lunch in Guilford Dining Hall  
1:00 – 1:30 NCAA Rules and information

1:30 – 2:00 Personal training  
2:00 – 2:20 Break  
2:20 – 3:20 Team vs player  
3:20 – 3:45 Wrap-up

### Sunday

9:00 – 9:30 warm – ups  
9:30 – 10:30 speed, speed and more speed  
10:30 – 10:50 break  
10:50 – 12:00 Offense Skills  
12:00 – 1:00 Lunch in Guilford Dining Hall  
1:00 – 1:30 Mental Game  
1:30 – 1:45 break  
1:45 – 3:45 Offense and Game play

## Registration Form

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

Age: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

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

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

Tee Shirt Size ( adult )  
Circle- Sm. Med. Lg. Xl.

## Medical Information

Insurance Co. \_\_\_\_\_  
Policy # \_\_\_\_\_

**Do you have any special medical needs and or limitations:**  
\_\_\_\_\_  
\_\_\_\_\_

**Camp Fee \$100 which includes:**  
**Camp Tee**  
**Lunch Saturday and Sunday**  
**Camp instructional material**

**Please make check out to:**  
**Guilford College Softball**