**Personalized Pitching Lessons**

**Dates:** Jan. 24, Feb. 7, 14, 2010

**About the Lessons:** The Personalized Pitching Lessons feature three students for one pitching instructor per hour. The instructors will be BU Assistant Coach/Pitching Coach Susan Kocher as well as BU’s senior and sophomore pitchers Tara Reed and Shavaun Fisher. The Personalized Pitching Lessons will provide instruction for the basic fundamentals of the windmill pitching motion as well as teaching and fine tuning various pitches – changeup, drop, curve, screw and rise. Trouble shooting and mental aspects of the game will also be stressed. These lessons are for beginner to advanced pitchers. The instructors will adapt the lessons to the skill level of the pitcher. Each pitcher must provide her own catcher for each 1 hour lesson.

**Time:** Participants will sign up for a lesson time (to be the same for all three weeks).
- 9-10 a.m.; 10:05-11:05 a.m.;
- 11:10 a.m.-12:10 p.m.; 12:15-1:15 p.m.

**Cost:** $100 for three weeks with a BU collegiate pitcher. $125 for three weeks with BU Pitching Coach Susan Kocher. A $50 deposit is needed in advance to reserve a place. The balance is due the first day of the lessons.

**Make checks payable to:** Bloomsburg University and mail to:

Softball Office
Bloomsburg University
400 East Second St.
Bloomsburg, Pa. 17815-1301

**Location:** Nelson Field House, Bloomsburg University.

**What to Bring:** You must bring a glove and someone to catch for you. This can be a catcher, a parent or friend. We recommend that student catchers wear a mask. Balls will be provided.

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**Pitching Clinic**

**Dates:** Jan. 24, Feb. 7, 14, 2010

**About the Clinic:** Participants will attend all three Sundays. Each day will consist of 1 1/2 hours of pitching instruction which will progress through the basic windmill mechanics through fastball, changeup, screw, drop, curve and rise ball. Each pitcher must provide her own catcher.

Players will be divided into groups according to skill level and will be coached accordingly. A maximum of 8 students per instructor.

**Time:** 2-3:30 p.m.

**Location:** Nelson Field House, Bloomsburg University.

**Cost:** $75 for three weeks. A $50 registration fee is needed in advance to reserve a place in the clinic. The balance is due the first day of the clinic.

**Make checks payable to:** Bloomsburg University and mail to:

Softball Office
Bloomsburg University
400 East Second St.
Bloomsburg, Pa. 17815-1301

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**Hitting**

**Date:** Feb. 21, 2010

**About the Clinic:** The focus of the clinic is to teach the basic hitting technique of fastpitch softball with an emphasis on compact swing and bat speed. The clinic is also designed to teach the hitter to take her skills to the next level with instruction on hitting the inside, outside, high and low pitch and changeup.

There is limited space, so register early.

**Time:** Participants (grades 4-12) will sign up for a clinic time and will be divided into groups according to age.

We offer two sessions: 9 a.m.- noon and 1-4 p.m.

**Location:** Nelson Field House, Bloomsburg University

**Cost:** $50 for the session. A $25 registration fee is needed in advance to reserve a place in the clinic. The balance is due the first day of the clinic.

**Make checks payable to:** Bloomsburg University and mail to:

Softball Office
Bloomsburg University
400 East Second St.
Bloomsburg, Pa. 17815-1301

Current members of the Bloomsburg University softball team will also be helping with the clinics.
SOFTBALL AT BLOOMSBURG UNIVERSITY

Bloomsburg softball is the winningest program in NCAA Division II and has established itself as the leader of the Pennsylvania State Athletic Conference (PSAC). In addition, the Huskies have made 28 consecutive national tournament appearances.

The Huskies have won 14 PSAC Championships and have put together a record of 1,165-280-2 the past 32 seasons. Also, 32 players have gained 52 All-American awards and an exciting brand of play has provided plenty of action, allowing Bloomsburg to outscore its opponents more than four to one in that time period.


SUSAN KOCHER

Kocher is in her 22nd season as assistant coach at Bloomsburg University. In her playing days, Kocher pitched four years at Bloomsburg. She was an All-Pennsylvania State Athletic Conference selection three times and earned All-American honors in her junior and senior seasons. She holds several Bloomsburg season records, including games pitched (40), innings pitched (256.2), least hits allowed (26) and most wins (24). Kocher also threw eight no-hitters in her four seasons with the squad. As pitching coach at Bloomsburg, she has coached seven players to All-American status. She was inducted to the Bloomsburg University Athletic Hall of Fame in 1999.

HUSKIES SOFTBALL DEVELOPMENTAL CLINICS

at Bloomsburg University

PITCHING

SUNDAY

JAN. 24, FEB. 7, 14, 2010

HITTING

SUNDAY

FEB. 21, 2010

Learn and practice the fundamentals while being instructed by members of the Bloomsburg University Softball team and coaching staff.