



ICC OPEN HITTING WILL BE HELD AT ILLINOIS CENTRAL COLLEGE, INSIDE THE COUGARPLEX. THERE WILL BE 2 FULL BATTING CAGES WITH MACHINES, FRONT TOSS, BATTING TEE STATIONS, BUNTING STATIONS. AND BASE RUNNING
HITTERS NEED TO WEAR NON-MARKING TENNIS SHOES AND BRING THEIR OWN BAT AND HELMET.

ICC OPEN HITTING WILL PROVIDE ONE HOUR TRAINING SESSIONS, IN SMALL GROUPS, DESIGNED TO PROVIDE INDIVIDUALIZED INSTRUCTION. INSTRUCTION WILL INCLUDE FUNDAMENTAL DRILLS IN HITTING AND HITTING MECHANICS, PROPER PRACTICE TECHNIQUE, MENTAL APPROACH TO HITTING, AND EXECUTING GAME SITUATIONS. INSTRUCTION WILL BE LED BY THE PLAYERS AND COACHING STAFF OF ILLINOIS CENTRAL COLLEGE.

OPEN HITTING DATES

SESSION 1

5:30-6:30

WEDNESDAY JANUARY 15TH, 22ND & 29TH

SESSION 2

6:30-7:30

WEDNESDAY FEBRUARY 5TH, 12TH & 19TH

**\$20 PER HOUR
ALL 6 DATES FOR \$100**

PERSONAL INFORMATION

NAME: _____

AGE: _____ **GRADE:** _____

ADDRESS: _____

HOME/CELL PHONE #: _____

EMAIL: _____

**CALL HEATHER DOTY
FOR RESERVATIONS AT
694-5494
OR EMAIL
HEATHER.DOTY@ICC.EDU**

**ILLINOIS CENTRAL
COLLEGE SOFTBALL
ONE COLLEGE DRIVE
EAST PEORIA, IL 61635
MAKE CHECKS PAYABLE TO:
ICC SOFTBALL**

PLEASE READ AND SIGN OTHER SIDE FOR LIABILITY WAIVER