



ICC OPEN PITCHING WILL BE HELD AT ILLINOIS CENTRAL COLLEGE, INSIDE THE COUGARPLEX. THERE WILL BE 14 MOUNDS WITH HOME PLATES

PITCHERS MUST WEAR NON-MARKING TENNIS SHOES AND BRING THEIR OWN CATCHER

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

OPEN PITCHING DATES

SESSION 1

5:30-6:30

WEDNESDAY JANUARY 15TH, 22ND & 29TH

SESSION 2

WEDNESDAY FEBRUARY 5TH, 12TH & 19TH

6:30-7:30

**\$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