

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Phone #: _____
Age: _____
Camp T-Shirt Size: _____
Emergency Phone#: _____

I give my consent and approval for:

(player's name) _____
to participate in the ***Class Act Enterprises, Inc.***
Softball Camp.

I certify that she/he is physically fit to take part
in the activities of the camp. I have adequate
medical insurance for medical expenses that

would result from any injury sustained while
participating in the Camp. I agree NOT to hold
Class Act Enterprises, Inc. and/or the Camp
Staff members responsible for such expenses.
In the event reasonable attempts to contact me
are unsuccessful, I hereby give consent and I
authorize administration of treatment deemed
necessary by:

(preferred Doctor; please print)

or, in the event such is not available, by
another physician or dentist.

Parent/Guardian Signature:

Date: _____

Skills camp Schedule

Mon. Thru Fri.

9:00am - 2:00pm

Arrive @ 8:30am for

Warmup & Stretching

9:00-11:30

Fundamental & Advanced

Skills Lessons

11:30-12:00

Lunch(Provided)

12:00-2:00

Real Game Strategies

SOFTBALL SKILLS CAMP

PRICING

\$220 One Player

\$200 Second Player

(same family)

Make checks payable to:

'Class Act Enterprises'

2329 Bond Rd

Parkton, MD 21120

443-465-0165

QUESTIONS?

Class Act

Coaching

SOFTBALL

SKILLS

CAMP!

June 18-22

2007

Terra Rubra
Lion's Club
Field



Does Bat Speed = Pop

Most batting instructors would agree that there is a correlation between the velocity of the bat and how far a hit ball will travel.

Yet, I have noted that two softball players swinging the same bat on about the same plane with comparable bat speeds may vary greatly in the power they display. One might hit balls well over 400 ft. while the others would carry only 300 ft.

This would seem to be contradictory until you take into account when the maximum bat speed occurred during the two swings.

The bat speed that really counts is that attained at (or by) contact.

Swing mechanics of a great hitter allows her/him to generate higher bat speed much earlier in the swing than average hitters.

Players with a lot of "pop" in their bat expend all of the body's rotational and torque energies before and at contact.

After contact their limbs and torso are now in a relaxed and coast mode.

The follow through portion of the swing is from the momentum of the bat pulling the arms up and through. Average hitters are still expending energy to gain bat speed for 20 to 40 degrees (poor hitters past 60 degrees) of bat travel after the bat passes the contact point.

Some coaches would contend that gaining speed after contact is beneficial because of the "driving through the ball" effect. ---

The facts do not support this theory. ---

The ball is in contact with a bat moving at 70 MPH for about 1/2000 of a sec. During this time the bat moves less than 1 in. (about 3/4 in.) ---

Not much space for "driving through" or (I might add) "wrapping around" the ball.

Jack Mankin- BatSpeed.com

The Most Productive -Hitting Style-

"The Final Arc"

Fundamental

&

Advanced

Game Strategies

"Learn Real

Game Situations"

I believe ability can get you to the top,
but it takes character to keep you there.
A big part of character is...
the self-discipline needed to avoid complacency,
resist temptation,
and understand that past success...
doesn't guarantee future success.

Quote: John Wooden

(legendary basketball coach)

Skills Camp Instructors:

Jeff Aaron-

Local High School Coach/Travel Coach
Over 20 Years Playing &
Coaching Experience
Personal Development:
'Real Game Strategist'

Samantha Abrams-

Gettysburg College Assistant Coach
2007 Centennial Conference Champions
Personal Pitching Instructor
Western Maryland(Green Terror) &
Centennial Conference Standout 2001-04

Ed Williams-

"Class Act Coaching" Owner
Personal Hitting Instructor/
Travel Coach
Personal Development:
The "SECRET" of the Inner Game
Take the Road Less Traveled

Whitney Williams-
Centennial Conference
Hitting Leader 2006

.511 AVG
.702 SLG%
.540 OB%

Class Act Coaching

Directions to:

'Terra Rubra Lions Club Field'

From Westminster (Rt31)

Take Uniontown Rd (WEST)

Uniontown Rd becomes Middleburg Rd

Continue on Middleburg Rd

Pass Crouse Mill Rd(on Right)

Go approximately .5 mile

'Terra Rubra Lions Club Field'

From Taneytown (Rt140 & Rt 194)

Take Rt.194 South

Turn Left onto Crouse Mill Rd

Follow Crouse Mill Rd to Stop

Turn Right onto Middleburg Rd

Go approximately .5 mile

'Terra Rubra Lions Club Field'

From Frederick (Rt.15N)

Take Rt.15 North to Rt 26 East

Stay Left onto Rt. 194 North

(towards Taneytown)

Turn Right onto Middleburg Rd (East)

Go approximately 1.5 miles

'Terra Rubra Lions Club Field'

From Hanover (PA Rt.194)

Follow PA Rt.194 into Maryland

Continue on Rt.194 to Taneytown

Follow directions from Taneytown

Rt.140 & Rt.194

'Terra Rubra Lions Club Field'