

# CLINIC COACHING STAFF

## Liz Kelly - Director

Kelly is coming off of one of the top seasons in Lindenwood softball history. She led the Lions to their first-ever 30-win season as well as a spot in the MIAA Championship Tournament. The 2018 Lions set records in most offensive categories including batting average, on-base percentage and slugging percentage. Kelly has won over 400 games as a collegiate head coach as well as having the honor to coach the Dutch Olympic team.



## Linda Wells - Instructor

Wells is an honorary clinic instructor this year who is also the CEO of Wells Sports. Wells' experience comes from formerly being the Arizona State head softball coach, Greek Olympic head coach, and the pitching coach for the Dutch Olympic team alongside Kelly.

## Donny Griffin - Instructor

Griffin, now an assistant coach at Lindenwood, has coached softball at many levels, including as head softball coach of the St. Louis Illusions, St. Louis Gamers, and Visitation Academy. While at Visitation, he led the program to its only MSHSAA quarterfinal appearance in school history. Prior to Lindenwood, he was the assistant softball coach at Maryville University for four seasons, helping guide the team to its first regional finals appearance.

## 2019 Lindenwood Softball Roster - Instructors



# WHAT YOU'LL LEARN

## Pitchers (must bring own catcher) -

Work on pitching fundamentals with an emphasis on correct technique from initial movement to delivery, including but not limited to, release, spin, posture, and the mental aspect.

## Catchers -

Work on fundamentals of receiving, blocking, throwing, pop-ups, framing, and calling pitches.

## Defensive players -

Will cover correct throwing and fielding technique, advanced throwing and fielding skills, position play, covering bases, and situational play.

## Offensive players -

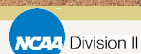
Will cover the topics of elite hitter's common denominators, swing path techniques, drills and base-running skills, development of bunting, and slapping techniques.

## WHAT TO BRING

- Glove, bat, and helmet
- Catchers' equipment (if needed)
- Tennis shoes
- Water bottle
- Lunch



UNDER ARMOUR MAKE IT YOURS



# LINDENWOOD LIONS 2019 SOFTBALL WINTER CLINIC

# LINDENWOOD



## JANUARY 27 FEBRUARY 3

Simplify it & take your game  
to the next level



# LINDENWOOD SOFTBALL WINTER CLINIC

**When:** Sunday, January 27 from 9 a.m. - noon & 1 p.m. - 3:30 p.m.  
 Sunday, February 3 from 9 a.m. - noon & 1 p.m. - 3:30 p.m.

**Where:** Evans Commons Gym at Lindenwood University

**Who:** Ages 8-18 (Players will be grouped based on age and ability)  
 Limited to 50 participants

**Pitchers must provide their own catchers**

**Cost:** \$75 per session  
 \$125 both sessions

## CLINIC OFFERINGS

**Jan. 27, 2019 Session 1: 9 a.m. - noon (\$75)**

DEFENSIVE SKILLS/ POSITION PLAY/ PITCHING & CATCHING

**Jan. 27, 2019 Session 2: 1 p.m. - 3:30 p.m. (\$75)**

OFFENSIVE SKILLS/ BASE RUNNING/ HITTING/ BUNTING/ SLAPPING

**Feb. 3, 2019 Session 1: 9 a.m. - noon (\$75)**

DEFENSIVE SKILLS/ POSITION PLAY/ PITCHING & CATCHING

**Feb. 3, 2019 Session 2: 1 p.m. - 3:30 p.m. (\$75)**

OFFENSIVE SKILLS/ BASERUNNING/ HITTING/ BUNTING/ SLAPPING



**LINDENWOODLIONS.COM**



## LINDENWOOD SOFTBALL WINTER CLINIC REGISTRATION FORM

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 School: \_\_\_\_\_ Graduation Year: \_\_\_\_\_  
 Position(s): \_\_\_\_\_ Age: \_\_\_\_\_  
 Summer Team: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

### Clinics Attending (Check all that apply)

**January 27, 2019**

- Session 1 \$75 (9 a.m. - noon)
- Session 2 \$75 (1 p.m. -3:30 p.m.)
- Both Sessions \$125

**February 3, 2019**

- Session 1 \$75 (9 a.m. - noon)
- Session 2 \$75 (1 p.m. -3:30 p.m.)
- Both Sessions \$125

**Mandatory Waiver: (Individual waivers needed for multiple family members)**

1.) In consideration for receiving permission to participate in the above-mentioned activity, (herein referred to as ACTIVITY), which is sanctioned or sponsored by Lindenwood University (herein referred to as SPONSOR), I (PARTICIPANT), hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE, AND AGREE TO HOLD HARMLESS SPONSOR, Lindenwood University, its Board of Directors, its officers, agents, volunteers, other students, third parties, or employees (collectively referred to as RELEASEES) FROM ANY AND ALL LIABILITIES, CLAIMS, DEMANDS, OR INJURY, INCLUDING DEATH, unless specifically exempted herein, that may be sustained by me while participating in such ACTIVITY, travel to and from the activity, or while on the premises owned or leased by RELEASEES, including injuries sustained as a result of the negligence and FUTURE NEGLIGENCE of RELEASEES. I am able to participate in this activity and I know of no medical, physical, or mental, reason why I should not participate.

2.) I am fully aware that there are inherent risks involved with the ACTIVITY, and I choose to voluntarily participate in said ACTIVITY with full knowledge that said ACTIVITY may be hazardous to me and my property. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, PROPERTY DAMAGE OR PERSONAL INJURY, INCLUDING DEATH, that may be sustained by me as a result of participating in said ACTIVITY, including injuries sustained as a result of the negligence or FUTURE NEGLIGENCE of RELEASEES, unless specifically exempted herein. I further agree to indemnify and hold harmless the RELEASEES for any loss, liability, damage or costs, including court costs and attorney's fees that may occur as a result of my participation in said ACTIVITY, unless specifically exempted herein.

3.) I authorize university staff and other medical personnel to take any action deemed necessary in case of emergency medical situations. I understand that RELEASEES may not maintain insurance covering circumstances arising from my participation in this ACTIVITY or any event related to that participation. As such, I am aware that I should review my personal insurance coverage and my personal insurance will be used when appropriate and applicable.

4.) It is my express intent that this document shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representatives, if I am deceased.

5.) In signing this Release, Waiver, and Hold Harmless, I acknowledge and represent that I have read the foregoing document, acknowledge that I have the right to review it with my own legal counsel, understand it, and sign it voluntarily as my own free act and deed. No oral representations, statements, or inducements apart from the foregoing agreement that has been reduced to writing have been made. I execute this document for full, adequate and complete consideration fully intending to be bound by the same, now and in the future.

6.) All other terms notwithstanding, this document does not release, and expressly excludes from its terms, claims, liabilities, or causes of action which are non-releasable under State or Federal Laws, including but not limited to, intentional torts, gross recklessness, gross negligence, fraud, or activities involving the public interest, depending on the jurisdiction.

Participant Signature (if participant is 18 or over) \_\_\_\_\_

Parent / Guardian Signature (if participant is under 18) \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

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

**Mail checks & Registration Forms to:**  
 Lindenwood University Attn:Lisa Hundelt  
 209 S. Kingshighway  
 St. Charles, MO 63301



## WHAT TO BRING

- Glove, bat, and helmet
- Catchers' equipment (if needed)
- Tennis shoes
- Water bottle
- Lunch
- PITCHERS MUST PROVIDE OWN CATCHER

**FOR INFO, CALL 636-949-4995 OR EMAIL EKELLY@LINDENWOOD.EDU**