

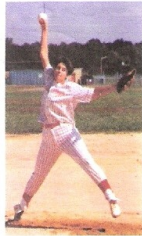
Waretown Windmill Pitching Clinic

Pitching Training/Workout Session

Location: Waretown Elementary School
Waretown, NJ

4 Sessions: *Tue Mar 16 *Tue March 23 *Tue April 6 *Tue April 13

First Session....6:00pm
Second session 7:00pm



Coach Steve Lang, will provide a 4 week, one (1) hour, training session with instruction in Windmill Pitching from basics to advanced. Each session will be based on skill levels of participants. With a maximum of 14 athletes participating at a time.

COST: 4 weeks Special pricing \$40 paid at beginning of 4 week session.

“First come first served” basis.

Per/week payment Not Available

Missing sessions; Are **NOT** reimbursed. Coach Steve Lang.nor Waretown Girls softball are not responsible for missing sessions.

Foot Attire; All Pitchers must wear “*Athletic shoes*” before participating

Steve Lang;

President of H.O.W. to Fastpitch Inc. Asst. Coach Ocean County College Former Womens Head Coach Gloucester County College. 30+ yrs experience as clinician and instructor of Windmill Pitching and Hitting Techniques. 10yrs playing and Pitching in Mens Fastpitch 1966-1976. 10 yrs coaching 18u Junior Olympic ASA Tournament teams. Pitching Coach BeachGirls 1993-1995. Assistant coach Linden Arians, First Womens Fastpitch team in the United States 1996-1997, Country’s first Video analysis of Windmill.
Camps/Clinics in following areas; Pensauken, NJ Merchantville, NJ, Berlin, NJ, CapeMay, NJ, Lincroft, NJ New Brunswick, NJ, Freehold, NJ Somers Point, NJ, Margate, NJ, Palmyra NJ, Southern Regional HS, Pinelands Regional HS, Pensauken HS
Grand Slam Camps; Edison NJ, Seaford Delaware, and Kutztown University, Glousater Community Collage, Ocean County College.

Coach Steve Lang, will supply sound principles of the windmill motion from coaches John Stratton and Bob Pelle, we have pitched and coached at the highest levels of Fastpitch softball. The success of Previous/

Participating athletes do not suggest a guarantee your level of success. It also does not take into account athletes who may have known/unknown physical conditions/injuries/health or anatomical kinesics characteristics that may prevent these windmill teaching techniques from being successful.

It is advisable, as with all sports activities to be examined by a qualified physician and released, allowing for the repetitive arm rotations required for this activity.

I (parent/guardian) understand by exercising and applying the recommendation and teaching and instruction supplied by **Coach Steve Lang**, in no way guarantees success nor does this exclude the possibility of injury from improper implementation, misconception, misinterpretation, physical handicaps/challenged or other causes.

I(Parent/ Guardian) find and release harmless **Steve Lang and Waretown Girls Softball**.

Instructors,representatives and officers of any and all liability of the athlete as a result of, use, or desuetude of this service.

Parent Signature.....Print Name.....