



55 Recreation Park Drive
Hingham, MA 02043

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2010



FRANK NILES GIRLS SOFTBALL PRE-SEASON HITTERS' WORKSHOP

Frank Niles will be conducting a softball Hitters' Workshop. Held on Saturday and Sunday for two consecutive weeks, the workshop is designed to improve all aspects of a player's hitting. Girls ages 10 and up will be grouped according to age and ability and will pass through a series of hitting stations, each with a slightly different focus, to help improve and prepare them for the upcoming season. A variety of live pitching, soft toss, tee work, short toss, bunting and machine work will combine to give each hitter plenty of swings.

Saturday and Sunday, February 27th & February 28th - 12:00 - 2:00 PM

Saturday and Sunday, March 6th & March 7th - 4:00 - 6:00 PM

\$150 for SSBC MEMBERS \$185 for NON MEMBERS

Please detach and mail with payment

2010 GIRLS SOFTBALL PRE-SEASON HITTERS WORKSHOP REGISTRATION FORM

Name _____ Date of Birth _____

Street _____ City _____

State _____ Zip _____ Phone _____

E-Mail Address _____

SATURDAY and SUNDAY, FEBRUARY 27th & FEBRUARY 28th – 12:00 PM to 2:00 PM

SATURDAY and SUNDAY, MARCH 6th & MARCH 7th – 4:00 PM to 6:00 PM

Please check method of payment: Members \$150.00 Non Members \$185.00

Cash Check MC VISA # _____ EXP. _____

Signature _____

OFFICE USE: DATE _____ AMT \$ _____ CASH CK # _____ AP # _____



www.SSBC.com

Administrative Offices: 190 Old Derby St., Suite 101 • Hingham, MA 02043 • 781-740-4382
Facility: 55 Recreation Park Drive • Hingham, MA 02043 • 781-749-6466 • 1-800-GO-4-HITS

SSBC – "Where the Dream Begins..."





2010



GIRLS INDOOR SOFTBALL SPRING TRAINING CAMPS

The SSBC's Softball Spring Training Camp is designed for the player who wants to prepare for the upcoming season and get a jump on the competition. SSBC offers professional instruction at all levels and has assembled one of the finest coaching staffs to assist in your early season development.

CAMP WILL BE HELD ON SATURDAYS AND SUNDAYS

SESSION 1	
MARCH 6, 7, 13, 14	
AGES 13-18	2:00 to 4:00 PM

SESSION 2	
MARCH 20, 21, 27, 28	
AGES 8-12	2:00 to 4:00 PM

PLAYERS WILL BE GROUPED BY AGE AND ABILITY

FEATURING:

- **Defensive instruction on infield and outfield play**
- **One solid hour of hitting**
- **5 individual hitting stations**
- **Hitting lectures by the professional staff**

COST IS \$150 FOR SSBC MEMBERS and \$185 FOR NON-MEMBERS

LIMITED ENROLLMENT. DON'T GET SHUT OUT!

Please detach and mail with payment

2010 GIRLS SOFTBALL SPRING TRAINING REGISTRATION FORM

Name _____ Date of Birth _____
 Street _____ City _____
 State _____ Zip _____ Phone _____
 E-Mail Address _____

PLEASE CHECK SESSION THAT YOU WILL ATTEND

SESSION 1	<input type="checkbox"/> AGES 13-18	MARCH 6, 7, 13, 14	2:00 to 4:00 PM
SESSION 2	<input type="checkbox"/> AGES 8-12	MARCH 20, 21, 27, 28	2:00 to 4:00 PM

Please check method of payment: Members \$150.00 Non Members \$185.00

Cash Check MC VISA # _____ EXP. _____

Signature _____

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