

## Camp Details

### **Food**

Breakfast, lunch, and dinner will be provided in Longwood University's dining hall.

### **Lodging**

Overnight campers will be housed in Arc dormitory.

### **Commuters**

Lunch and dinner will be provided. Drop off each day at 8:30 and pick-up at 8:00 pm.

### **Health and Safety:**

Each camper (overnight and commuter) must complete a waiver, a camp medical information form and a parent/guardian authorization form, which can be found at the summer camp link . [www.longwoodlancers.com](http://www.longwoodlancers.com)

### **Recreation**

Recreational activities such as swimming other various team building activities and games will be provided for each camper to enhance their camp experience.

### **Payment and Deadline**

*The cost for overnight campers is \$425.00*

*The cost for commuter campers is \$325.00*

A **\$100 non-refundable deposit** must accompany application payment. **Payment is due June 24th**, late registration will be accepted until the commencement of camp with a 25\$ additional charge.

\$25 Discount for faculty/staff of Longwood University  
\$25 Discount for multiple family members  
\$25 Discount for teams of 7 or more *(must sign up together)*

### **Please make checks payable to:**

**Longwood Softball**, Longwood University Camp,  
c/o Kathy Riley 201 High Street, Farmville, VA 23909

**LONGWOOD  
UNIVERSITY  
201 HIGH STREET  
FARMVILLE, VA 23909**

# Longwood Softball 2010 Summer Camp



## June 28th - July 1st

Ages 9-18  
Longwood University  
Farmville, Virginia

**\*Limited to 75 campers**

[www.longwoodlancers.com](http://www.longwoodlancers.com)



Former Longwood Standout—Emily Wilke “Radford”

## Registration Form

Camper's Name \_\_\_\_\_

Phone \_\_\_\_\_

Birth Date \_\_\_\_\_ Age \_\_\_\_\_

Home Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Check the camp that applies June 28th—July 1st, 2010

\_\_\_\_\_ Overnight (\$425) \_\_\_\_\_ Commuter (\$325)

T-shirt Size: \_\_\_S\_\_\_M\_\_\_L\_\_\_XL

Roommate Request \_\_\_\_\_

*I understand that neither Longwood University, nor anyone connected with the Athletic Department or Longwood Girls Softball Camp assumes responsibility for accidents, medical, dental, or other expenses incurred as a result of attending camp. In case of injury or illness, necessary emergency treatment is authorized. Applicant is covered by: \_\_\_\_\_ Health Insurance Co., Policy # : \_\_\_\_\_*

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Home phone \_\_\_\_\_

Work phone \_\_\_\_\_

Cell phone \_\_\_\_\_

*Please register online or detach and mail registration form and \$100 non-refundable deposit to:*

*Longwood Softball*

*201 High Street / Farmville, Virginia 23909*

*Balance of payment due by June 24.*

*Camp is open to any and all entrants—and are only limited by the age, gender or grade level stated*

## Longwood Softball Camp

...is a comprehensive experience that covers fundamental softball skills used by elite players, interaction with peers, and the opportunity to be instructed and viewed by the Longwood softball staff and other professional instructors. The camp will have 2 sessions of skill instruction with the evening consisting of games and activities. The skills developed during these sessions will help lay the foundation for competition at the high school level and beyond. Our camp philosophy is to teach the "elite skills" used by college softball players to every age group and let them take those skills to new and exciting levels. While the camp will focus on skill instruction there will also be instruction on team strategies and strength/agility training.



### Typical Daily Schedule

- 7:30 am.....Breakfast in the Dining Hall
- 8:15 am.....Room Check by counselor
- 8:30 am.....Meet at field for Morning Session
- 9:00 am.....Drills and Instruction
- Noon.....Lunch
- 1:00 pm           Recreation time
- 2:00 pm.....Meet at Field for Afternoon Session
- 2:15 pm.....Drills and Instruction
- 4:00 pm.....Team Building Activities and Games
- 5:30 pm.....Dinner
- 6:30 pm.....Meet at Field for games & activities
- 6:40 pm.....Team Competition and Games
- 8:00 pm..... Overnight Campers Report to Dorms
- 11:00 pm..... Lights Out and Room Checks.

**Camp Ends Thursday, July 1 at 3:30 p.m.**

**Followed by awards and closing remarks.**

**~Check out from dorms at 5:00 p.m.~**

## Camp Staff

### KATHY RILEY—

Head Coach at Longwood University 1998- Present. A Collegiate All-American in both softball and basketball. She has a special ability to get the most out of athletes, showing them that the sky is the limit. Her years of experience at the game brings an advantage to those who work with her. Hitting and defensive specialist.

### LB BAILEY—

Is considered by many as one of the top-pitching instructors in the world. Bailey was one of the 2004 Olympic Coaches for the Greek Fast Pitch team in Athens, Greece. In 2002, Bailey was the coach for the Chinese National Team as they competed at the World Championship. Currently travels working as a pitching instructor for many collegiate athletes.

### *Heather Williams*

### *Megan Camden*

Both are H.S. Coaches and former Longwood Student Athletes

### *Bill Andrews*

Men's Major Fastpitch Catcher and Volunteer Assistant at Longwood University.

### *Kayla Miller ~ Camp Director*

Assistant Coach at Longwood University.

### *Current and Former Collegiate Athletes:*

Camille Ketsdever, Brittany Matthews, Kami Nuckols

And more.....

## Location

Longwood University, 201 High Street, Farmville, VA 23909

## Athletes need to Bring

Cleats, helmet (if possible), water bottle, bat, glove. It is recommended that players wear sliders and kneepads or pants each day if they have them. Additional items will be necessary if staying overnight