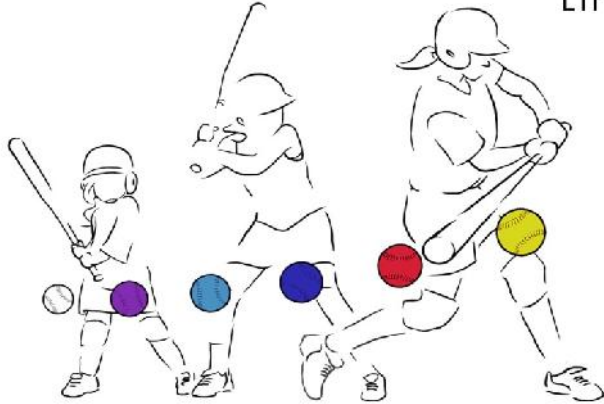


Provincial Women's Softball Association



colour your dream
LTPD



WHEN: March 24 & 25, 2012
(U14) (U12)
WHERE: Eden Secondary School
Lake Street, St. Catharines

Cost: \$75.00

To register download application at
<http://www.softballstcatharines.ca/>
and mail with registration fee to:

Mary Murphy
165 Keefer Road
Thorold, Ontario
L2V 4N2

Registration Deadline is March 2, 2012. Space is limited!
Register today.

For more information contact
marymurphy12@sympatico.ca

The Long Term Player Development Clinic will teach skills and drills to enhance female fastpitch players abilities and coaching/association knowledge throughout a 2 day clinic. These skills will encompass batting, proper fielding and throwing techniques for infield and outfield positions, and baserunning specific to the following stages:

Learning to Train (8-11)

Training to Train (11-15)

Training to Compete (16 – 21+)

Each participant will be assessed for their own individual level of our “Colour Your Dream Incentive Program” which is essentially a competency/skill assessment program used to create individual development plans targeted at each female players specific competency as it relates to the measurable goals of the LTPD. The 6 Levels - A systematic approach to each level will be measured by using the National Team Program minimum requirements; progression of grassroots to the elite standard. Each participant will receive a “passport” which is an individual record of their achievements within the program and will receive a t-shirt which is the colour of the level they have achieved.