



Softball Pitching Open Gym

FOR: Students currently in grades 4th-8th

WHEN: Thursday Nights starting March 4

WHERE: Western Christian Big Gym

TIME: 7:30-8:30pm

COST: FREE

INFO: Purpose of these open gyms is to introduce the basic fundamentals of pitching to any girls who may be interested. We will cover the basic pitching motion as well as cover a variety of drills to help them develop a love for pitching and the game of softball.

DETAILS:

- Students will be required to bring their own glove and wear tennis shoes - no cleats are allowed in the gym.
- Students are asked to provide their own catcher for the evening. A parent or someone older who is comfortable catching is preferred.
- Open gyms will be led by the current Wolfpack coaching staff

These open gyms are for **PITCHING ONLY**. Per IGHSAU rules.

COACHES: Michael De Jong - Head Softball Coach
Greg Rardin - Assistant High School Coach
Chandler Schemper - Assistant High School Coach
Lauren Roose - Jr High Coach
Cassie Van Otterloo - Jr Wolfpack Coach

If you have any further questions or if this is something your daughter is interested in please reach out to Coach De Jong at michael.dejong@westernchristianhs.com. The final schedule of nights will be emailed out early next week to those who are registered. So please sign up ASAP so you can receive the schedule and we can plan accordingly.