

To register, complete application below,
and mail with payment to: *In the Zone*,
6870 Chrisphalt Drive, Bath, PA 18014

Name _____

Parents' Names _____

Address _____

Phone _____ DOB _____

E-mail _____

Pitching Lessons: Dates and Times:

Date _____ Time _____

Date _____ Time _____

Date _____ Time _____

Date _____ Time _____

Hitting: *please circle dates desired*

Saturdays: Feb 6, 13, 20, 27 and Mar 6

Consent and Waiver:

I certify that my child _____
has had a physical examination by a licensed
physician within the last year and is in sound
physical condition for participation at In the
Zone.

I authorize the staff of In the Zone to act
for me to use their best judgment in situations
requiring first aid or medical attention.

I understand participation in athletics has
certain inherent risks and assume responsibility for
those risks. I waive and release In the Zone and
those directing the program from any and all
liability for any injury my child might incur while
participating.

Signature of Parent/Guardian

Date

Batting Cage Etiquette:

- If people are waiting in line use only 2 tokens at a time then allow others to take their turn
- Kick or toss balls back after each round (Don't throw or hit).
 - Wait your turn

Our Cages:

There are 5 batting stalls at *In the Zone* which feature 10 separate pitching machines. Each stall can deliver either baseballs or softballs.

The baseball machines are set at 30, 40, 50, 60 and 70 mph with Cage 1 at 30 mph and increase in speed moving to the right.

There are 2 slow pitch softball machines throwing a 6-10 ft arc and 3 fast pitch machines. The fast pitch machines start in cage 3 and are set at 35, 45 and 55 mph.



Our batting cages use "soft" dimpled balls that will not damage expensive aluminum bats.

Winter 2010
SOFTBALL

Pitching Lessons

In the Zone



Athletics

Est. 2004



Conducted at:

In the Zone

6870 Chrisphalt Drive

Bath, PA 18014

610-837-8605

www.inthezonesports.biz

The primary focus of each workshop is to teach and practice proper fundamentals. At In the Zone, we feel that mastery of the fundamentals is essential for high-level performance at every level and should be emphasized at every workout. Athletes, no matter what level they climb to, never out-grow the fundamentals.

The workshops will feature personalized instruction and drills that will stress proper technique while building muscle memory.

Each workshop is designed as a stand-alone instruction and practice session. Players can attend any one of the sessions, all the sessions or any combination.

Pitching Lessons*

The pitching lessons will be limited to just 3 pitchers per session. Lessons are held Saturdays at 11:00, 11:45, 12:30 and 1:15. Each lesson is approximately 45 minutes in length and will be held:

Saturdays Jan 16 through March 27

*** PLEASE NOTE:** In order for instructors to focus attention on the players and their pitching skills, we require pitchers to bring their own catcher.

COST: Pitching Lessons: The cost for the pitching workshop is \$30/session. If you pre-register and pay for 4 or more sessions, the cost is only \$25/session.

Hitting Lessons

Each hitting lesson is 55 minutes in length and is limited to 9 players per session. They will be held on the following dates and times:

Saturdays Feb 6, 13, 20, 27 and Mar 6
Time: 2:00-2:55



Please note: Hitting lessons do not normally include any rounds in the batting cages.

COST: Hitting Workshops

The cost for the hitting workshops is \$20.00/session. If you pre-register and pay for 4 or more sessions, the cost is only \$16/session.



REGISTRATION: You must pre-register and pay to reserve your spot. Walk-ins will be accepted only if space permits.

Cancellation Policy: Cancellations must be made 48 hours in advance in order to avoid a 50% cancellation fee.

The primary instructor might not be available for the make-up sessions and there might be more kids in the session than outlined earlier in this brochure.

Private One-on-One Lessons available:

*\$30 for 30 minutes or
\$55 for 1 hour.*

Contact Steve to schedule



PRIMARY INSTRUCTOR:

Anne Lutz

Currently the varsity pitching coach at Northampton Area High School, Anne was a 3 sport athlete at Verona High School in NJ, Anne pitched her softball team to 4 straight conference, county and state finals while setting records for most wins (36), No-hitters (4), and ERA (2.31). Anne continued her career at Muhlenberg College. She won 22 games and posted a 2.63 career ERA while pitching No-hitters against Albright and Widener. Batting clean-up, Anne led her high school team with a .397 batting avg. At Muhlenberg, Anne started in left field when she wasn't pitching and compiled a .351 batting avg.

**Champions are made in the
off season!!**