

Nan Payne's Capital Crusader Softball Camp

Camp Objective –

To display and teach the basic fundamentals of fast pitch softball in the areas of hitting, bunting, throwing, fielding, base running, pitching and catching.

Nan Payne, Camp Director

Nanette "Nan" Payne was recognized as the 2002 Ohio Athletic Conference Softball Coach of the Year and the 2002 Regional Coaching Staff of the Year. She is in the midst of her 11th season as head softball coach at Capital University in Columbus, Ohio. In her career as the winningest softball coach in school history, the Crusaders have posted a 252-155-3 record (.619 win percentage). In 2002, Nan led the Crusaders to a conference championship and an NCAA berth for only the third time in school history. In 2003, the Crusaders tied their second highest mark for wins in a season at 27. Prior to becoming the head coach at Capital, Nan served as an assistant coach at Buffalo State College for six seasons. As a player, Nan was a four-year starter for the University of Michigan softball team. She also was a Dayton Daily News All Metro Player from Northmont High School. In addition to her coaching duties, Nan is assistant athletic director of facilities at Capital.

Registration and Application

The Capital Crusader Softball Camp is open to girls who will be entering grades 5-12 this fall. Enrollment is limited to allow quality instruction for each participant, so early registration is encouraged.

Residence Camp

Residence Camp fees: Resident \$245; Commuter \$195

The residence camp fee covers tuition, room and board, and a camp T-shirt. Participants who attend one of the residence camp sessions as commuters, which means they do not require overnight housing, will be assessed a fee that includes tuition, lunch, dinner and a camp T-shirt. Registration for the resident camp will be as follows:

Residence Camp Check in: Monday, June 29, 8 to 10 a.m., in The Capital Center lounge
Check out: Thursday, July 2, 1 p.m., in the residence hall

Day Camp

The fee for day camp is \$75 and includes a camp T-shirt. Day camp registration (for both Dayton and Columbus) begins at 8 a.m. on Monday; camp concludes at 1:30 p.m. each day.

General Information

A nonrefundable administrative fee of \$60 will be charged for cancellations made prior to the start of camp. No refunds will be made after the start of camp.

An athletic trainer will be available in case of injuries. Participants *will not* be covered with medical or dental insurance during the week of camp.

Camp sessions start on the day of check-in. Note: University policy permits only two girls per residence hall room; however, arrangements can be made to house friends on the same floor.

For residential camp, fill out the attached application form and return it with a \$100 deposit per camp registration. Make checks payable to: Capital Crusader Softball Camp Inc.

T-shirt size can only be guaranteed for registrations received by May 22, 2009.

Parent/guardian will be required to fill out a medical history form upon registration. If you need this form ahead of time, contact Nan Payne.

For more information or confirmation about the Capital Crusader Softball Camp, call Nan Payne, camp director, at (614) 236-6487 or e-mail npayne@capital.edu. For the Dayton Day Camp, you also can contact Michele Stoltz at (937) 836-2727.

Camp Will Include:

Lectures

Lectures and demonstrations given in all aspects of softball

Infield/Outfield

Throwing and fielding fundamentals, drills, weights, flexibility, agility, strength, training

Hitting/Bunting

Fundamentals of hitting and bunting, proper stance and stride, machine and live-arm pitching

Pitchers

Basic techniques and form, consistency, different pitches and grips, reading batters and their stances, drills

Catchers

Stance, throwing, communication with the pitcher and team signals, reading batters and their stances, drills

Directions to The Capital Center

From the east on I-70: Exit at Livingston Avenue. Turn right at the light and go four blocks to Francis Avenue and turn left. Francis dead ends into Mound Street. Turn left onto Mound. The Capital Center will be immediately on your right. Enter building from Mound Street.

From the west on I-70: Exit at the Bexley/Main Street exit. Follow the ramp around onto Alum Creek Drive, which will dead end into Main Street. Turn right on Main and go four blocks to Pleasant Ridge Avenue. Turn right on Pleasant Ridge. The Capital Center will be on your left, at the corner of Pleasant Ridge and Mound Street. Enter building from Mound Street.

Directions to Northmont High School

The Dayton day camp will be held at Northmont High School, 4916 W. National Road, Clayton, OH 45315. The softball field is located off National Road, next to the football stadium and behind the middle school. National Road runs east and west between State Route 49 and State Route 48 (Main Street).

Capital Crusader Softball Camp Application Form

Check one: _____ Dayton Day Camp – June 8-11 _____ Columbus Day Camp – June 15-18
_____ Residence Camp – June 29-July 2 Resident _____ or Commuter _____

Name _____ Age _____ Position _____
Street _____ Telephone (_____) _____
City _____ State _____ ZIP _____
School _____ How did you hear about us? _____ Current grade _____
Height _____ Weight _____ T-shirt size _____ Year of graduation _____
Parent's/guardian's name _____ Parent's e-mail _____
Parent's/guardian's telephone – home (_____) _____ business (_____) _____
Roommate preference _____
Family insurance company name and policy number _____

I hereby authorize the director of the Capital Crusader Softball Camp to act on my behalf according to her best judgment in any emergency requiring discipline or medical attention. My daughter is physically fit to participate in camp activities according to our family physician.

Signature of parent/guardian _____

Mail this form with a check (made payable to Capital Crusader Softball Camp Inc.) or a money order to:

Capital Crusader Softball Camp Inc. • Nan Payne, The Capital Center • Capital University • 1 College and Main • Columbus, Ohio 43209-2394

Capital University
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1 College and Main
Columbus, Ohio 43209-2394

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