

## Release and Indemnity

A non-refundable check in the amount of clinic cost and made payable to Capital University must accompany this registration form.

Enrollment is limited, so it is important to apply early. Upon receipt of your registration form and payment, you will be confirmed for attendance unless otherwise contacted. Refunds will be given to those excluded due to enrollment limitations.

In consideration of the acceptance of this application, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Capital University or its representatives or assignees for any and all damages which may be sustained by me in connection with my association with the entry in this clinic, and which may arise out of my traveling to, participating in or returning from the clinic.

Health Insurance Co. \_\_\_\_\_

Policy Number \_\_\_\_\_

### Medical History/Permission Form

Participant's Name \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Phone (        ) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Physical limitations preventing participation (use another page if necessary) \_\_\_\_\_

Medications currently used and reason \_\_\_\_\_

Signature (Participant) \_\_\_\_\_

Date signed \_\_\_\_\_

Signature (Parent/Guardian) \_\_\_\_\_

Date signed \_\_\_\_\_

**NOTE: You must return a completed Release and Indemnity Form and the Registration Form to ensure your enrollment. Please fill out both forms completely.**

**Capital University**

Nan Payne, Head Softball Coach  
Capital University  
1 College and Main  
Columbus, OH 43209-2394

**Capital University**  
**Softball Clinics**



## Hitting & Bunting

Jan. 30, 2010

Feb. 13, 2010

## Pitching

Jan. 9, 2010

Jan. 23, 2010

## Catching

Jan. 9, 2010

## Clinic Quick Facts

- Who:** Girls in grades 5-12 of any skill level or ability.
- What:** Live demonstrations will be used to illustrate solid techniques and to promote the development of imagery skills.
- Where:** The Capital Center on the campus of Capital University in Columbus, Ohio. Capital's head softball coach, Nan Payne, her coaching staff and members of her team will be on hand.
- When:** The Hitting & Bunting Clinic will have two separate Saturday sessions, each of which will run from 8 a.m. to 1 p.m.
- Pitchers – 9 a.m. to noon
- Catchers – 9 a.m. to noon (*Note: There is only one Catching Clinic, which will be held Jan. 9.*)
- Why:** The clinics will display and teach the basic fundamentals of fastpitch softball, specifically the skills and techniques concerned with hitting, bunting, pitching and catching.
- Cost:** Hitting – \$40 per clinic  
Pitching – \$50 per clinic  
Catching – \$35
- Bring:** Hitting & Bunting – Participants should bring a favorite bat and helmet, but bats will be provided if needed.
- Pitching Clinic – **You must bring your own catcher.**
- Catching Clinic – You must provide your own catching equipment.
- Extra:** Capital softball apparel will be available for sale during the clinic.

Each clinic is limited to 50 participants, so register TODAY!

## Nan Payne, Clinic Director

Nan Payne is in her 12th season as head softball coach at Capital University. Capital's softball team has been nationally ranked three years. Seven of the 12 years, she has had a top five hitter in the Ohio Athletic Conference. Capital was OAC champion and Payne was named OAC Head Coach of the Year in 2002. The Crusaders' overall record is 272-171-3. Capital has always been one of the top hitting teams in the OAC under the direction of Payne. Prior to her days at Capital, Payne was an assistant coach at Buffalo State College. The Bengals won nearly 70 percent of their games and went to the NCAA Tournament five times. Prior to coaching, Payne was a four-year softball letter winner at the University of Michigan.

### Hitting Clinic Schedule

7:15-8 a.m.	Registration at The Capital Center
8-9 a.m.	Introductions/Lecture/Warm up
9 a.m.-1 p.m.	Stations/Demonstration/Lecture

## Directions to Capital University

### From the East on I-70

Exit at Livingston Avenue. Turn left at the light and go to Alum Creek Drive. Turn right onto Alum Creek, continuing on to Main Street. Turn right on Main. At the fourth traffic light, turn right onto Pleasant Ridge. The Capital Center is located at the northeast corner of Pleasant Ridge and Mound Street. Park in the lot across the street and enter The Capital Center through the Mound Street doors.

### From the West on I-70

Exit at the Bexley/Main Street exit. Follow the ramp around onto Alum Creek Drive and continue to Main Street. Turn right on Main. At the fourth traffic light, turn right on Pleasant Ridge. The Capital Center is located at the northeast corner of Pleasant Ridge and Mound Street. Park in the lot across the street and enter The Capital Center through the Mound Street doors.

## Capital Softball Clinics Registration Form

Indicate the clinic(s) you wish to attend:

Hitting/Bunting (\$40 per clinic)	Pitching (\$50 per clinic)	Catching (\$35)
<input type="checkbox"/> Jan. 30	<input type="checkbox"/> Jan. 9	<input type="checkbox"/> Jan. 9
<input type="checkbox"/> Feb. 13	<input type="checkbox"/> Jan. 23	

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

School \_\_\_\_\_

Phone (     ) \_\_\_\_\_

E-mail \_\_\_\_\_

Graduation Year \_\_\_\_\_ Age \_\_\_\_\_

Current grade \_\_\_\_\_

Position played \_\_\_\_\_

How did you hear about this camp?  
\_\_\_\_\_  
\_\_\_\_\_

**Hitting & Bunting – \$40 (per clinic)**  
**Pitching – \$50 (per clinic)**  
**Catching – \$35**

Indicate method of payment:

- Check (made payable to **Capital University**)
- Money order

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### Return payment and forms to:

Nan Payne, Head Softball Coach  
Capital University  
1 College and Main  
Columbus, OH 43209-2394  
614-236-6487 • npayne@capital.edu