

Antioch Sequoits Softball Clinic

June 15 – June 18, 2009

8:30 – 11:30 a.m.

Registration:

Registration will be taken up to the day of the clinic. The cost is \$50.00 per person. This will include an Antioch Softball T-shirt and pizza/pop on the last day of camp. Anyone entering 1st through 9th grade is welcome to attend.

Clinic Directors:

Jeff Tylka – ACHS Head Coach
Mike Gordy – Assistant
Jamie D’Andrea – Assistant
Jeff Petersen – Assistant
Antioch 2009 Sequoit Players

What to Bring:

Each player is required to bring a glove, sweatshirt or jacket, sweat pants (sliding pad), and a bat (optional).

Clinic Schedule:

Warm up and Introductions
Throwing Instructions/Drills
Hitting Instructions/Drills
Base-running Instructions/Drills
Pitching/Catching Instructions/Drills

Questions? Need More Information?

Contact Coach Tylka at jtylka@sequoits.com

Antioch Community High School
1133 Main Street Antioch, IL 60002



Softball Registration and Waiver (Clip and return with payment)
June 15 - June 18 from 8:30 - 11:30 a.m.

Name _____ Address _____

City/State _____ Zip Code _____

Phone # _____ Age _____ Height _____

T-Shirt Size (circle one) S M L XL XXL (Adult Sizes)

School _____ Grade _____ (As of 2009-2010)

Allergies _____ Asthma _____ Bee Sting _____

Medications _____

I hereby request you to accept the application for enrollment of _____
in the Antioch Sequoits Softball Camp during the dates set forth in this application. I hereby
release the District 117 Board of Education and its employees from all claims on account of
injuries, which may be sustained by my child, and I agree to indemnify the Board of Education
and its employees from any claim, which may hereafter be presented to my child as a result of
any injuries. If medical attention is required for injury or illness while in camp, I give permission
for such medical care.

Parent/Guardian Signature _____ Date _____

Make checks payable to: ACHS Softball

Mail to: Antioch Community High School
Attn: Jeff Tylka
1133 S. Main Street
Antioch, IL 60002