

FGSA Pitching Clinics with Planet Fastpitch



Dates: **January** **25**
 February **8, 22**
 March **1, 8, 22, 29**
 April **5**

Time: Group 1: 3rd, 4th, 5th grade 2 to 3 pm
 Group 2: 6th, 7th, 8th, 9th grade 3 to 4 pm

Location: Oak Street School Gym (Blue Gym), 224 Oak St., Franklin

Cost: 8 week session - \$160 (Checks payable to FGSA)

Includes: Planet Fastpitch T-Shirt

Instructor: **Planet Fastpitch, Leader: Erin Fuoroli**

Learn what it takes to become a successful Fastpitch softball pitcher!

Proper warm up

Practice drills and pitching techniques

Mechanics of pitching

Physical and psychological aspects of pitching

PFP clinics are fast-paced and cutting-edge. Planet Fastpitch is the training center for several Olympians and Professional Players as well as many Division 1, 2 and 3 athletes. Our professional staff offers the highest level of instruction in a positive manner. The pitcher will start by learning the foundation of the pitch and advance through building speed and explosion, zone pitching and an alternate pitch.

ERIN FUOROLI Erin is a 2007 Graduate of Keene State College in Keene, NH with a Bachelor's degree in General Science Middle School Education and specialization in Biology. A pitcher and right fielder, Erin was voted Team Captain as a senior at Keene State. During Erin's tenure, the Keene State College Team experienced four successful post-season years making numerous trips to the conference championships, ECAC's, and the NCAA Championships. Fuoroli's career stat: 51 games started, 10 shut outs, 304 innings pitched, .221 opponents batting avg., 72 BB, 252 strike outs, 36-10 record, 2 saves, 1.77 career ERA. Awards: 2006 and 2007 All Little East Conference and 2007 All-American in Strength and Conditioning. Erin was chosen to be a member of the 2007 Who's Who in American Colleges and Universities. She also pitched for the United States Athletes International team in the summer of 2006 and 2007 competing in Peru and Holland. Erin has been a student of Planet Fastpitch since 1998. Erin is from Warwick, Rhode Island and is an PFP Alumna.

We highly encourage that at least one parent attend and participate with their child.

Registration is on a 1st come 1st serve basis and space is limited. Forms must be received by January 25, 2009.

Once your registration has been processed, you will be notified by email.

Questions or concerns, email steve_chainsaw@earthlink.net or call Steve McCulloch at 508-662-2411

➤ **BONUS! (Monday April 20, 2009 – School Vacation Week) for an additional \$10:**

Planet Fastpitch invites all participants of the 8-week Pitching Clinic to attend an event at the PFP state-of-the-art softball facility. For a bonus price of \$10, each participant will receive one hour of batting time in the cages AND one more hour of pitching instruction! RSVP required.

1:00pm – 2:00pm Pitching Instruction
 2:00pm – 3:00pm Open Hitting Time in Batting Cages

Detach along this line and return along with your payment and liability waiver to the address below:

Child's Name: _____
 Parent/Guardian _____
 Email address _____
 Adult T-Shirt Size _____
 (S, M, L, XL)

Grade: _____
 Phone: _____
 Group : _____
 Bonus Week: Y ___ N ___
 (If yes to bonus week, the total cost is \$170 to FGSA)

Return this portion of the **8 Week Clinic** form along with your payment and release form to:

Steve McCulloch (FGSA), 2 Sierra Drive, Franklin, MA 02038

NOTE: Make checks out to FGSA

[www. Fgsafastpitch.org](http://www.Fgsafastpitch.org)