



## “Fundamentals of Fastpitch Pitching”

Presented by:

### **Monica Abbott** **USA Olympic pitcher**

Abbott is a two-time World Champion (2006, 2010) and helped Team USA win the silver medal at the 2008 Olympics. She is a Pan American Gold Medalist ('07) and a three-time World Cup Champion. Monica won the Honda Award for Softball in '07 in her senior season at the University of Tennessee after setting the NCAA Division-1 single-season strikeout record at 724. Her four-year career strikeout total of 2,440 is also an NCAA Division-1 record. She was a First-Team FNCA All-American all four seasons with the Volunteers. Monica also holds NCAA D1 career records in appearances (253), victories (189), and shutouts (112). She was a three-time Women's College World Series All-Tournament selection and was named the 2007 USA Softball National Collegiate Player of the Year.

## Clinic Session

9am—11am—females ages 11 & under  
12 noon-3:00pm: females ages 12-14  
4:00—7:00pm: females ages 15-18

## Pitching Clinic Includes

The clinic will focus on the fundamentals of pitching, which includes correct mechanics, drills, and game strategy. Instruction will be led by Abbott and assisted by SLBFA pitching staff and current college players.



## What to Bring

**Participants should wear athletic shoes and must bring their own catcher.**

**Athletes should register in advance, as only 30 participants are allowed per session!**

## Clinic Location

St. Louis Baseball & Fastpitch Academy  
3641 Reavis Barracks Rd (at Lemay Ferry Rd)  
St. Louis, MO 63125  
314-892-9393  
www.stlacademy.com

## Participant Enrollment

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Zip \_\_\_\_\_ Phone # \_\_\_\_\_

Age \_\_\_\_\_ (IMPORTANT!)

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

Circle t-shirt size (Adult sizes): S M L X-L

### **Cost:**

**\$120 per student**

**Registration and payment due on or before February 15**

**Payment Options:**

**Paypal at: [www.stlacademy.com](http://www.stlacademy.com)**

(Click on Monica Abbott )

**Or pay at SLBFA:**

**check payable to SLBFA, or cash.**

**RETURN TO: SLBFA  
3641 REAVIS BARRACKS RD.  
St. Louis, MO 63125**

**Enrollment form should be completed and submitted to SLBFA no later than February 15th  
Only 30 students/session!**

**Reserve your spot NOW!**

For more info please contact:  
Scott Sullivan at 314-892-9393

## Parental Consent Form

In order to enable health facilities in St. Louis to provide prompt care of your child, we urge you read and complete this consent form. This will enable us to help your child without delay in the event of an emergency.

Name of participant \_\_\_\_\_

Birthdate \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Allergic Reactions (drugs, asthma, bee stings, etc.)

Yes  No

If yes, please describe: \_\_\_\_\_

Taking any medications Yes  No

Last Tetanus shot \_\_\_\_\_

Father's Home phone \_\_\_\_\_ Mobile \_\_\_\_\_

Work phone \_\_\_\_\_

Mother's Home Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Work phone \_\_\_\_\_

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

Emergency Contact Number \_\_\_\_\_

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

Policy # \_\_\_\_\_

Name of Policy Holder \_\_\_\_\_

I/We the undersign hereby certify that I (we) am (are) the parent/legal guardian of the participant. I hereby give permission for the SLBFA clinic staff, during the clinic, to seek appropriate medical attention for the participant, for medical attention to be given, and for the participant to receive medical attention in the event of accident, injury or illness. I will be responsible for any and all costs of medical attention, and treatment, and have medical insurance to cover these costs.

I/We the undersign, for ourselves and as guardians of (participant) \_\_\_\_\_, understand that softball is a physical sport and that injuries can occur during play. I/We also understand that there are a number of participants attending and there are limited numbers of instructors, and that our child cannot receive individualized attention and supervision all the time.

I/We the undersigned for our selves, our heir's, executors and administrators, waive, release and forever discharge the St. Louis Baseball Academy and its instructors and guest instructors from all rights and claims for damage, injury, or loss to person or property which maybe sustained or occur during participation in cclinic activities or while at clinic. whether or not damages, injury, or loss is due to negligence.

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

## Monica Abbott—Career Honors

- 2011 NPF World Champions
- 2011 NPF Championship MVP
- 2011 NPF Pitcher of the Year
- Led the NPF in era 0.80
- 2010 World Championships Gold Medalist  
2010 World Cup Champions
- 2010 All NPF
- 2010 Japan Cup Champions
- 2010 Japan Softball League Champions-pitched a perfect game in the Championship
- 2010 Japan Softball League Top 9
- 2010 led Japan Softball League in Strike-outs & ERA2010 Japan Softball League MVP
- USA Softball National Collegiate Player of the Year (2007)
- Winner of the Honda Award for Softball (2007)
- 2007 Stats: 50-5 record, 0.68 ERA, 29 solo shutouts, 358.1 IP, 724 strikeouts
- Career Stats: 189-34 record, 0.79 ERA, 112 solo shutouts, 1,448.0 innings, 2,440 strikeouts
- Registered 23 career no-hitters and six perfect games
- Struck out 10 or more hitters 125 times in her career



## SLBFA Welcomes USA Olympic Pitching Sensation



## Monica Abbott

**Sunday, Feb. 26, 2012**

**A once-in-a-lifetime  
opportunity for  
young athletes to train with  
one of the world's best  
fastpitch pitchers!**



