

# SOFTBALL PITCHERS AND CATCHERS CLINICS



Primo Sports will now be partnering with Precision Pitching Softball Academy to bring you professional instruction in fast pitch softball for pitchers and catchers.

<p style="text-align: center;"><b>Introduction to Softball Windmill Pitching</b></p> <table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left;"><b>Spring Session 1:</b></th> <th style="text-align: left;"><b>Session 2:</b></th> <th style="text-align: left;"><b>Session 3:</b></th> </tr> </thead> <tbody> <tr> <td>Sundays (4/3-4/24) 5:00 - 6:00 PM</td> <td>(5/1, 5/15, 5/22)</td> <td>(6/5, 6/12, 6/26)</td> </tr> <tr> <td>\$90 first time students \$100 Normal price</td> <td>\$75</td> <td>\$75</td> </tr> </tbody> </table> <p>*Pitchers will be required to bring a catcher with them to each clinic.</p>	<b>Spring Session 1:</b>	<b>Session 2:</b>	<b>Session 3:</b>	Sundays (4/3-4/24) 5:00 - 6:00 PM	(5/1, 5/15, 5/22)	(6/5, 6/12, 6/26)	\$90 first time students \$100 Normal price	\$75	\$75	<p>This introductory class will expose your child to the basic mechanics of the windmill pitching motion used by all competitive pitchers today. Students will be taught proper ball grip, mechanics of the wrist, arm circle motion, proper use of the hips, and correct leg and foot work. Participants will learn how to throw a straight fastball in this beginner pitching clinic through a series of pitching drills and full motion.</p>
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<p style="text-align: center;"><b>Intermediate Softball Pitching</b></p> <table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left;"><b>Spring Session 1:</b></th> <th style="text-align: left;"><b>Session 2:</b></th> <th style="text-align: left;"><b>Session 3:</b></th> </tr> </thead> <tbody> <tr> <td>Sundays (4/3-4/24) 6:00 - 7:00 PM</td> <td>(5/1, 5/15, 5/22)</td> <td>(6/5, 6/12, 6/26)</td> </tr> <tr> <td>\$90 first time students \$100 Normal price</td> <td>\$75</td> <td>\$75</td> </tr> </tbody> </table> <p>*Pitchers will be required to bring a catcher with them to each clinic.</p>	<b>Spring Session 1:</b>	<b>Session 2:</b>	<b>Session 3:</b>	Sundays (4/3-4/24) 6:00 - 7:00 PM	(5/1, 5/15, 5/22)	(6/5, 6/12, 6/26)	\$90 first time students \$100 Normal price	\$75	\$75	<p>Students who have mastered the ability to throw a straight fastball with accuracy and proper mechanics will be taught how to bring their game to the next level by learning how to develop increased velocity behind each pitch. Pitchers will also learn how to throw strikes to targets and how to throw an effective change up.</p>
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<b>Catcher's clinic for Beginners</b>			
<b>Spring Session 1:</b> Sundays (4/3-4/24) 5:00 - 6:00 PM	<b>Session 2:</b> (5/1, 5/15, 5/22)	<b>Session 3:</b> (6/5, 6/12, 6/26)	
\$90 first time students \$100 Normal price	\$75	\$75	This introductory catching clinic is designed for beginner level catchers. Girls will learn how to properly position their bodies and gloves while catching, how to catch and block a softball from passing them, and the proper mechanics of a strong and accurate throw back to the pitcher.
Catchers will be required to bring their own catching equipment with them to each clinic including catcher's helmet and face mask, chest protector, shin guards and glove.			
<b>Intermediate Catcher's Clinic</b>			
<b>Spring Session 1:</b> Sundays (4/3-4/24) 6:00 - 7:00 PM	<b>Session 2:</b> (5/1, 5/15, 5/22)	<b>Session 3:</b> (6/5, 6/12, 6/26)	
\$90 first time students \$100 Normal price	\$75	\$75	This class is designed for catchers who need to learn how to spot a ball while catching for pitchers who are throwing breaking pitches or placement pitches to targets. Catchers will also work on developing their throw down to all bases to throw a runner out who is trying to steal or lead too far off a base. The skills of blocking a low pitched ball or jumping for a high pitched ball will also be reinforced.
Catchers will be required to bring their own catching equipment with them to each clinic including catcher's helmet and face mask, chest protector, shin guards and glove.			

**All clinics have a ratio of 1 instructor to 8 students**

**Where:** Primo Sports

1741 Route 17A, Florida, NY 10921

***NOTE: Please pre- register online at [primosports.net](http://primosports.net), by phone at 845-651-0440 or in person. Openings are filled on a First Come First Serve basis!***

***\*\*Refer to Next page for Information about Precision Pitching Academy and Instructor Biographies\*\****

## **ABOUT PRECISION PITCHING SOFTBALL ACADEMY**

Owned and operated by Kristyn DePasquale-Plunkett

201-317-3367

precisionpitchingsoftball@gmail.com

precisionpitchingacademy.com

### **Our Commitment to You**

Precision Pitching Academy features a group of highly skilled and experienced professional female pitching, hitting, and catching coaches in the sport of fast pitch softball. Our focus is for each student to maximize her power and potential in her chosen position through the implementation of safe, efficient, and explosive body mechanics. Each female athlete has specific needs and learning styles and here at Precision Pitching Academy we specialize in meeting the individual needs of each student in order to achieve optimal physical results and increased focus and confidence. Each instructor incorporates her many years of softball experience both as a player and instructor and love of the game into her instructional methods to make each lesson not only fun for the student but highly productive! We look forward to being an integral part of your journey to success!

### **Meet our Team**

(Please feel free to check out our website at [precisionpitchingacademy.com](http://precisionpitchingacademy.com) for a list of our instructors and their credentials)

#### **Kristyn DePasquale-Plunkett**

**\*Owner and operator of Precision Pitching Academy**

**\*Lead pitching coach for private and small-group lessons and clinics**

Kristyn started pitching at the age of 8 years old and quickly developed a passion for this position. Through her years of hard work and determination she worked her way through to the highest level of play at the elite club ball level. She was a 4 year starter pitcher at Jefferson Township High School and went on to break the NJ state record for most winning pitcher her senior year in 2001. Kristyn was recruited to pitch for various D1, D2 and D3 colleges but she chose to stay more local and play for Ramapo College. However, come her freshman year of college, Kristyn had already begun instructing pitching lessons as a side job and developed a new passion for helping others attain their goals and dreams. She made a very hard decision not to pursue her playing career in college but rather to continue building her pitching clientele while simultaneously getting her associate's degree in Exercise Science from the County College of Morris in Randolph, NJ. In 2003, Kristyn opened her own business named K.D.'s Softball, LLC and continued training pitching lessons making this her career. Over time, Kristyn built a strong team of female instructors to become known as Precision Pitching Academy (PPA). PPA is now a softball team of instructors who pitching as well as instruction in specific positions other than pitching including hitting, catching, infield and outfield positions.

### Harley Massiello

**\*Lead pitching coach for private and small-group lessons and clinics**

**\*Back-up hitting coach**

Harley graduated from West Milford High School in 2010. She went on to play at Ramapo College from 2010 to 2014. At Ramapo, she pitched for the Women's Softball team, with a career ERA of 2.36 in 210 innings pitched. In 2014, she graduated with her Bachelors in Biology, and is now pursuing a degree in Dental Hygiene. Harley started working at various camps and clinics, specifically pitching focused, in 2006. She began giving private pitching and batting lessons in 2011, upon completion of her freshman year of college. She is experienced with working with all different age groups from 6 years old to 18. Harley has also been a volunteer coach for the West Milford Xtreme Softball program since 2012.

### Marissa Bariso

**\*Lead hitting and catching coach for private and small-group lessons and clinics**

Marissa graduated from West Milford High School in 2010. She went on to play at New Jersey City University and was a four- year starting catcher. She was named a two- year captain at NJCU her junior and senior year. Bariso was awarded First Team All NJAC, First Team All ECAC, NJAC All Academic, and NJAC Player of the week. She also broke the record for most homeruns as a freshman and tied the all time record for homeruns at NJCU. Marissa graduated from NJCU with a degree in Elementary Education and Psychology. Bariso has been coaching travel teams for six years ranging from 12u to 18u college showcase teams. She has been giving hitting, catching, and strength and conditioning lessons as well as working with high school and travel teams for four years. She is currently an assistant coach at Ramapo College and pursuing her Masters degree in Special Education.

### Jessica Crum

**\*Youth pitching instructor for small-group lesson and clinics**

Jessica specializes in youth pitching instruction. She has 10 plus years of training experience in private, small-group and clinic style pitching instruction. She has mastered the ability to be able to break the windmill pitching motion down into very simple to understand terms and drills for youth pitchers. Jessica focuses on simplifying and correcting basic body mechanics which are the core of the pitching motion. Without a strong foundation youth pitchers cannot reach their maximum potential or get the optimal results they are seeking. Through Jessica's expertise in the biomechanics of the windmill motion, she helps young pitchers attain speed, accuracy, the ability to place the ball to various targets, and the ability to learn how to mix their speeds by learning an effective change-up and off-speed pitch. Jessica is also skilled with higher level pitches as well but chooses to focus more on youth pitchers.