

## College Prep Clinic

Saturday, January 16, 2010 at Sonoma State University

Sonoma State University will be holding a College Prep Clinic under the leadership of new head coach Jennifer Bridges. Coach Bridges would like to invite you to come out for some hands on, individualized training from current Sonoma State coaches and players.

### CLINIC HIGHLIGHTS

- Quality instruction from Sonoma State Softball coaches and players
- Instruction is personalized and position specific
- Limited participants for great player/coach ratio
- Information session on the recruiting process
- Specialized agility training/drills
- Optional campus tour

### WHAT TO BRING

- This form completely filled out
- A copy of your insurance card (front & back)
- Cash (exact amount) or check
- Water bottle
- Sunscreen
- Cleats
- Sliding/diving gear
- Glove
- Catcher's gear
- Bat
- Helmet

Please make checks payable to "Sonoma State Softball"

### SESSIONS

Check-in will open at 8:40 am  
Pitching/Catching Session: 9:00-11:00 am  
Offensive Session: 12:30-3:00 pm  
Defensive Session: 3:00-5:00 pm

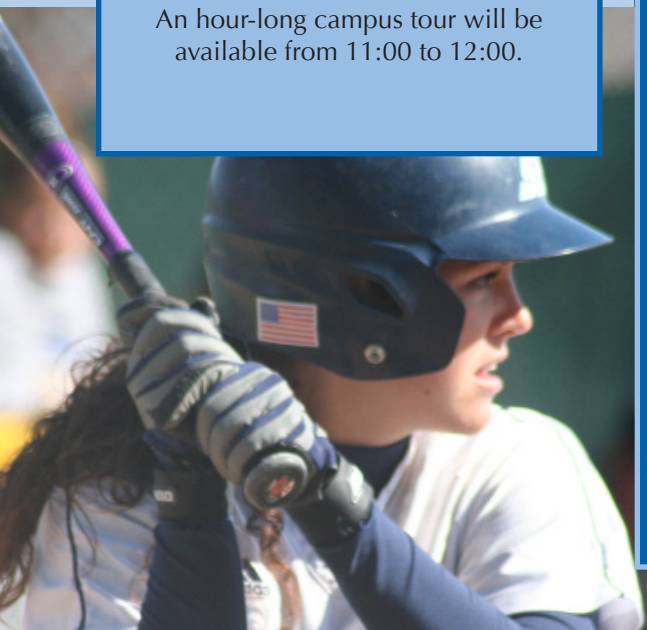
One session: \$50  
Two sessions: \$90  
Three sessions: \$125

An hour-long campus tour will be available from 11:00 to 12:00.

### CLINIC DIRECTOR

Coach Bridges enters her first season as head coach of the Seawolves after leading the Whittier College Poets to two successful seasons. Bridges guided eight players to all-conference honors in her two years at Whittier.

Prior to Whittier, Bridges was the assistant coach at the University of San Diego for four seasons, where she was the pitching/catching coach and hitting coach. In her time at USD, Bridges oversaw steady improvements in virtually every offensive category. Under the guidance of Bridges, 15 athletes earned all-conference honors, while the pitching staff received numerous "pitcher of the week" honors along with record-breaking seasons and careers. In 2007, Bridges steered three of her pitchers into the record books, with all of them reaching the top 10 in single-season strikeouts.



## REGISTER ONLINE

Go to <https://commerce.cashnet.com/ssuathletics> and click "Camps"

**SPACE IS LIMITED, SO SIGN UP TODAY!**

For questions regarding registration, call Megan Christensen at 707-664-2750.