Thank you for registering for the 2019 University of Notre Dame Irish Softball Advanced Elite Skills Camp! We hope summer camp will be a memorable and exciting experience for you. The information in this packet is very important, so please read it thoroughly.

**DATE:**

July 8-10, 2019 (Monday–Wednesday)

**CHECK-IN:**

Monday, July 8 – 9:15-9:45am EDT  
- Location: Melissa Cook Stadium  
- Address: Melissa Cook Stadium, Notre Dame, IN 46556  
*Please note that the University of Notre Dame is on Eastern Daylight Time!

**CAMP TIMES:**

-Camp will run from 10:00am-5:00pm EDT daily

**CONTACT INFORMATION:**

For questions prior to the start of camp, contact Notre Dame Sports Camps Office- Phone: 574-631-8788 | Email: ndcamps@nd.edu  
*Please call/ or email our camps office for late arrivals or schedule changes!  
*For questions during camp, please contact the Women’s Softball Cell Phone: 574-876-1216

**CANCELLATIONS:**

If you cancel 8 days prior to the start of the camp, you will receive a refund less a $100.00 cancellation fee. NO refunds will be issued for any reason within ONE WEEK of camp.

**HEALTH & SAFETY:**

-University athletic trainers will be on duty each day during hours of scheduled camp activity.  
-University Health Services facilities, EMT’s, or the local hospital will be available 24-7.

**DIRECTIONS TO CAMPUS:**

-Notre Dame is located approximately 90 miles east of Chicago on the Indiana Toll Road (80/90)  
-Proceed through exit 77 toll plaza and turn right onto US 933/ Business 31 at the traffic light  
-Travel through three (3) traffic lights and turn left (East) on Angela Blvd.  
-Follow Angela to Notre Dame Avenue and turn left (heading North)  
-Take your first right onto Holy Cross Drive  
-You may park in the Stadium lots– ushers will direct you to the appropriate check-in location

**EQUIPMENT:**

- Athletic shoes, cleats, and clothing each day for camp  
- Glove, hat, and batting helmet is required for each camper  
- If you are interested in playing the position of catcher, please bring your own catchers equipment  
- Snacks, a water bottle with lid, sunscreen, and visor are suggested  
- Notre Dame is not responsible for lost, stolen, or forgotten items
NOTRE DAME
SOFTBALL CAMP

MONDAY:

9:15  Registration Melissa Cook Softball Stadium
    ☞ Groups 1 & 2 place bat bags and gear inside 3B Dugout
    ☞ Groups 3 & 4 place bat bags and gear inside 1B Dugout
    ☞ Group 5 place bat bags and gear along 3B fence
    ☞ Group 6 place bat bags and gear along 1B fence
    ☞ This will keep us organized all day and able to find our gear quickly

9:50  Camp Welcome
    ☞ Introduction of Camp Counselors
    ☞ Overview of Rules and Safety Procedures
    ☞ Gatorade Information & Trainer Info

10:00 Group & Stretch

10:10 Depart for Group Fundamental Work:
       (Throwing/Baserunning/Defense/Hitting/Testing)
        ☞ #1’s – Melissa Cook Cages - Hitting Front Toss
        ☞ #2’s – Melissa Cook Field - Defense
        ☞ #3’s – Melissa Cook Team Room – Ice Breaker
        ☞ #4’s – Baseball Outfield - Throwing Mechanics
        ☞ #5’s – Baseball Infield - Baserunning
        ☞ #6’s – Indoor Batting Cages – Machine Hitting

Rotation will go as follows:
MC Cages to MC Field to MC Team Room to BB OF to BB IF to BB Indoor Cages to MC Cages
1. 10:15 – 10:40
2. 10:45 – 11:10
3. 11:15 – 11:40
4. 11:45 – 12:10
5. 12:15 – 12:40
6. 12:45 – 1:10

1:15  Depart for Lunch at Monogram Room – Players Leave Bags where they start in
      the afternoon session.  #1 BB Outdoor Cages / #2 MC Cages / #3 MC Cages / #4 Eck Indoor Cages / #5 MC Dugout / #6 Baseball Dugout

1:30  Working Lunch – “The Musts of Hitting” with Coach Lizzy Ristano

2:10  Depart to Hitting Drill Locations
2:30 Begin “The Musts of Hitting” Drill Rotations

- #1’s – Weight Transfers – Baseball Outdoor Cages
- #2’s – Short Game/Situational – Baseball Home Plate
- #3’s – Off-Speed – Eck Indoor Cages
- #4’s – Timing – Melissa Cook Cages & Grass Area
- #5’s – Bat Lag/Get on Plane – Melissa Cook Cages
- #6’s – QAB’s – Melissa Cook Home Plate

Weight Transfers to Short Game/Situational to Off-Speed to Timing to Bat Lag/Get on Plane to QAB’s

Rotation will go as follows:
1. 2:30 – 2:50
2. 2:55 – 3:15
3. 3:20 – 3:40
4. 3:45 – 4:05
5. 4:10 – 4:30
6. 4:35 – 4:55

5:00 Complete Day 1

5:00 – 6:00 If you signed up for Hitting or Pitching Video Analysis – Hitters being filmed on Melissa Cook / Pitchers at Baseball / If you are doing both you will need to be filmed at each location. We will have the one’s doing both get filmed at hitting first and then head to baseball to get filmed for pitching.

Do Not Leave Tonight Before you know What Time to Come Back for Analysis on Tuesday or Wednesday!!!
NOTRE DAME
SOFTBALL CAMP

TUESDAY:

8:30 - 9:45 Various Hitting/Pitching Group Video Analysis Time Slots - TBD

9:45 Check-in for Day 2 - Find Name Tag
  ✫ Place your bat bags and gear in same area as yesterday

9:55 Welcome // Roll Call with new Team
  Depart for Defensive Specialty

10:00 Split into Specialty Groups and Depart for Specialty Field
  ✫ You will pick the position you want to work on today
  ✫ Only Pitchers from listed teams below will pitch today:
    o Irish/Gotto/Clovers
    ✫ Melissa Cook: Middle Infield
    ✫ Loftus: Corners
    ✫ Baseball Left Field: Pitchers
    ✫ Baseball Right Field: Catchers
    ✫ Loftus: Outfield

10:10 Run/Stretch/Agilities

10:15 Throwing Progression

10:30 Specialty Work: Position Fundamentals and Drills

12:00 End Session and depart for Lunch at Club Namoli

12:15 Working Lunch - Presentation by Coach Gessica Garber “Huffy”

1:00 Depart for Games - See Game Schedule for location // Warm-up
1:40  Games Begin  
Coaches are the umpires  
* 6 Batters Per Inning Only or 8 minutes (whichever comes first)  
* Start each hitter with a 1-1 count  
* If you walk you start over with a 2-1 count (if walk again you walk)  
* Start your next inning where your runners left off  
* Games are 1 hour and 20 minutes

3:00  Games End Send to Designated Spots

3:20  Irish Hitting Practice or Strength and Conditioning with Kyle

.groupby{1A}{Live on Field}
.groupby{2A}{Front Toss Stations Cage 1 & Cage 2}
.groupby{3A}{Tee Stations Cage 3 & 4}
.groupby{4A}{Bat Path Drills Grass Area by Cages}
.groupby{5A}{Tee Stations Behind Cages}
.groupby{6A}{Tee Stations Behind Cages}

.groupby{1-6B}{Groups: Strength and Conditioning Baseball Field}

4:00  Groups Switch Locations

4:10  Irish Hitting Practice or Strength and Conditioning

4:50  All Depart your Location to go back to Melissa Cook to Close out Day 2

5:00  End Day 2

5:00 – 6:30  TBD Pitching Group Video Analysis if needed
NOTRE DAME
SOFTBALL CAMP

WEDNESDAY:

8:30 – 9:45  Various Hitting/Pitching Group Video Analysis Time Slots - TBD

9:45  Check-in for Day 3- Find Name Tag
      ☇ Place your bat bags and gear in same area as yesterday

9:55  Welcome // Roll Call with Team
      Depart for Defensive Specialty

10:00  Split into Specialty Groups and Depart for
       Specialty Field
       ☇ You will pick the position you want to work on today
       ☇ Only Pitchers from listed teams below will pitch today
       ☇ Rawlings/Leprechauns/Basilica
       ☇ Melissa Cook: Middle Infield
       ☇ Loftus: Corners
       ☇ Baseball Left Field: Pitchers
       ☇ Baseball Right Field: Catchers
       ☇ Loftus: Outfield

10:10  Run/Stretch/Agilities

10:15  Throwing Progression

10:30  Specialty Work: Position Fundamentals and Drills

12:00  End Session and depart for Lunch at Monogram Room

12:15  Working Lunch – “College Talk”

1:00  Depart for Games – See Game Schedule for Location // Warm-up
1:40 Games Begin
Coaches are the umpires
* 6 Batters Per Inning Only or 8 minutes (whichever comes first)
* Start each hitter with a 1-1 count
* If you walk you start over with a 2-1 count (if walk again you walk)
* Start your next inning where your runners left off
* Games are 1 hour and 20 minutes

3:00 Games End Send to Designated Spots

3:20 Irish Hitting Challenges or Strength and Conditioning

🌳 Group 1B: Point Game on Field
🌳 Group 2B: 1 Minute Bunt Drill on Grassy Area
🌳 Group 3B: 1” to 15 Cage 1
🌳 Group 4B: No Pop Cage 2
🌳 Group 5B: No Pull Cage 3
🌳 Group 6B: 1-R-I-S-H Cage 4

🌳 1 – 6 A Groups: Strength and Conditioning Baseball Field

4:00 Groups Switch Locations

4:10 Irish Hitting Practice or Strength and Conditioning

4:50 Depart your station to Meet at Melissa Cook Stadium to Close Out Camp!!!

Thank you for coming!!!! We hope to see YOU again!!!!
1. Morris Inn (On-Campus Hotel)  
2. Basilica Of The Sacred Heart  
3. St. Mary’s Lake  
4. Grotto Of Our Lady  
5. St. Joseph’s Lake  
7. Touchdown Jesus  
8. Labar Practice Complex  
9. Gate 3 Joyce  
10. Guglielmino Athletic Complex Strength & Conditioning  
11. Loftus Sports Center  
12. Alumni Soccer Stadium  
13. Melissa Cook Stadium — CHECK-IN LOCATION  
14. Notre Dame Stadium  
15. PARK HERE FOR CHECK-IN/REGISTRATION  
16. Notre Dame Bookstore  
17. Stepan Fields (off of Douglas Rd.)
ON SALE NOW!

- Special offers to hockey, men’s and women’s basketball
  - ONE free and up to FOUR half-priced tickets per membership for designated Kid’s Club games
- ONE free Blue-Gold Game ticket per membership
- ONE free stadium tour per membership
- Free entry to all Olympic sports including men’s and women’s soccer, volleyball, men’s lacrosse, baseball and softball
- Exclusive membership box including:
  (available to those who purchase Apr. 21 - Aug. 17)
  - Membership Card
  - Temporary Tattoos
  - Christmas Ornament
  - Water Bottle
  - Rally Beads
  - Pompon
  - Gold Short-Sleeved T-Shirt
  - Mini Football