Thank you for registering for the 2019 University of Notre Dame Irish Multi-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:
June 17-19, 2019 [Monday—Wednesday]

CHECK-IN:
Monday, June 17 – 8:45-9:00am 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 9:00am-1:00pm 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 $50.00 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 (I-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, bat, 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
Sample Itinerary

Monday

8:15 A.M.  Workers arrive

8:45 A.M  Registrations Begins
   Table 1 Camp Office // Trainers
   Table 2 Name Tags
   Table 3 Water Bottles
   Table 4 Sell Table

Group #1, #2, #3 will put their stuff in the 1st Base Dugout
Group #4, #5, #6 will put their stuff in the 3rd Base Dugout

9:00 A.M  Welcome and Introductions
   - Kris will bring them all together and Welcome
     o Staff Introduction
     o Injuries and Being Sick
     o Water/Gatorade
     o Girls will split into teams with their coaches!
       ▪ Need to have each person say name, age, and 3 things
         about themselves
       ▪ Need to come up with a team name that must be Notre
         Dame/Irish Themed

9:20 A.M  Warm-ups
   - Jog/Stretch
   - Band-Aid Tag – 3 Band-Aids before you are stuck

9:35 A.M.  Gatorade Break….Campers grab equipment

9:45 A.M.  Hitting Drills & Throwing Drills
   - Group 1 & 2 & 3 will go to the cages for Hitting Talk (Lizzy)
   - Group 4 & 5 & 6 will go to Melissa Cook for Throwing Progression

10:00 A.M.  Hitting/Throwing Drills Begin – Hitting Drills are 5 minutes/Throwing are 6
   minutes

   A.  Wrist Snap Drill – Fence by Bullpen 3rd Base Side
   B.  Relay Throws – Left Field
   C.  Zig/Zag Drill – Right Field
   D.  First Base Perfect Throws – 1st Base
   E.  4 Corner Drill – Forehand Toss/Backhand Toss - Centerfield
   F.  Home Plate I-R-I-S-H Target Game
A. Cage 1: Big Ball Tee  
B. Cage 1: Bouncy Ball Tee  
C. Cage 2: 3-Plate Front Toss  
D. Cage 3: Flamingo Tee  
E. Cage 3: Bosu Ball Tee  
F. Cage 4: Baseball Toss  
G. Cage 4: Front Toss  
H. Net: Heel Down Tee  
I. Net: Pro Glider

10:40 A.M. Snack Break

10:55 A.M. Groups will switch locations  
- Groups 1 & 2 & 3 will now do Throwing Progression  
- Groups 4 & 5 & 6 will now do Hitting Talk

11:10 A.M. Hitting/Throwing Drills Begin (see above)

11:50 A.M. Popsicle Break

12:00 P.M. Groundballs / Fly ball Drills  
- Groups 1 & 2 & 3 will start in the Infield  
- Groups 4 & 5 & 6 will start in the Outfield

A. Group 1 – Ready Position/Triangle Burns/Rolls Right at Them – 3rd Foul
B. Group 2 – The Hop (Dry Runs)/Hop with Roll/Hop off bat – Left Side of IF
C. Group 3 – Taking an Angle/Rolls w/cones/Field and throw – Right Side of IF  
*8 minute stations

D. Group 4 – Tennis Ball Racket Bounces - LF
E. Group 5 – Catching on the Run - Football Catches - CF
F. Group 6 - Softee Ball Catches No Glove/Glove – RF  
*8 minute rotations

12:30 P.M. Switch Groups

1:00 P.M. Final Announcements  
- Tomorrow is Crazy Sock Day!!!!

GO IRISH
Sample Itinerary

Tuesday

8:15 A.M. Workers arrive

8:45 A.M Check-in Begins

9:00 A.M. Crazy Sock Parade
*All participants get a Prize

9:10 A.M. Warm-up
  • Jog
  • Stretch Arms & Legs
  • Ice Breaker Game: Animal Game
    o Pig/Horse/Dog/Cat/Elephant/Rooster/Chicken
    o Wolf/Donkey

9:30 A.M. Gatorade Break….Campers grab equipment

9:35 A.M. Throwing Progression
  • Group 1 & 2 & 3 LF Outfield
  • Group 4 & 5 & 6 RF Outfield

9:55 A.M. Softball Challenge Drills to Warm-up (5 minutes each)
A. 8 Ball Relay Drill – LF
B. Popcorn - Centerfield
C. 4 Corner Pressure – FH/BH/Dart - RF
D. Groundball & Throw to 1st Base – Right Side IF
E. Fielding under the string – Left Side of IF
F. Sock Net Relay – 1B or 3B Foul line

10:35 A.M. Snack Break

10:40 A.M. Group 1 & 2 & 3 – Hitting Stations
A. Cage 1: Chuck-It
B. Cage 1: Step Back Tee
C. Cage 2: Tennis Ball Bounce
D. Cage 2: Pro Glider Bat
E. Cage 3: Insider Bat Tee
F. Cage 3: Target Tee
G. Cage 4: Front Toss
H. Net: Heel Down Tee
I. Net: Stride Heel Hit Tee
Group 4 & 5 & 6 – Pitching/Catching or Defensive Drills Drills Drills

11:20 A.M. Switch Groups

12:00 P.M. Popsicle Break

12:15 P.M. Baserunning Drills
A. Running Through First Base - LF
B. Rounding First Base – Home Plate
C. Second to Home – Second Base
D. Sliding – RF – ON Slide Pad
E. Leading OFF – CF
F. Dive Backs & Get up and Go - RF

12:45 P.M. Team Time Challenge (everyone starts in a different spot)
*Winners get a Prize
*Each team member hit 3 balls off tee – Team #1
*Each team member run from Foul pole to Foul pole – Team #2
One runner at a time must get half way before next person can go
*100 Squats – Team #3
*100 Jumping Jacks – Team #4
*Everyone Run Around the Bases – 1 @ a time – Team #5
*Target Throws Each team member get 1 in net – Team #6

12:55 A.M. Final Announcements
  o **Tomorrow is Crazy Notre Dame Softball Day!!!!**
  o We will be getting wet/messy tomorrow so bring a change of clothes & a towel. Underwear/Bra/Socks/Shoes etc.
  o **Bathing Suits are fine and probably most appropriate!!!**

   GO IRISH!!!
Sample Itinerary

Wednesday

8:15 A.M. Workers arrive

8:45 A.M Check-in Begins

9:00 A.M Crazy Notre Dame Softball Day
*All participants get Prize

9:10 A.M Warm-up
  o Jog/Stretch
  o Ice Breaker Game: Mini Marshmellow Madness

9:25 A.M. Campers grab equipment

9:30 A.M. Throwing Regiment

9:45 A.M. Defensive Competitions
A. Perfect Throws
B. Zig Zag (how many balls how many in a row)
C. Softball IQ – Fix the Puzzle
D. Double Hot Box
E. 20 sec gb
F. 3 Person Pop-ups

10:20 A.M. Snack Break

10:20 A.M. Hitting Competitions
A. Cage 1: First to 15
B. Cage 2: Target Tee
C. Cage 3: EliminiX
D. Cage 4: No Pop
E. Field: Point Game
F. Bull Pen: How many bunts in a row?

10:55 A.M. Change for Water Events

11:15 A.M. Popsicle Break

11:30 A.M. Softball Soaking in the Water Drills
A. Water Balloon Catches
B. Statue of Liberty
C. Sponge Bucket Sprints
D. Water Cup Races
E. Water Park Catches
F. Slip N Slide
12:45 P.M Final Team Meeting.....Thank You, Goodbyes, and Pictures!!!!!
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
  - Pompom
  - Gold Short-Sleeved T-Shirt
  - Mini Football