
Lexington Catholic Softball Camp 2009

This is our 11th year having our camp. The first ten years were very successful for all that attended. We will encourage and teach the fundamentals of fast-pitch softball. Our coaches will use many of the same teaching methods that are used for the Lexington Catholic Varsity High School Team. While we will teach the campers proper technique though various drills, we will also encourage enthusiasm and sportsmanship. I look forward to working with your daughter at our camp.

Bob Griggs

Lexington Catholic Head Coach



Bob Griggs
501 Ashley Way
Lexington, Ky 40503

Lexington Catholic Fast-Pitch Softball Camp 2009



*At Lexington Catholic H.S.
June 15-17
Pitching 8 am - 9 am
Skills 9 am to Noon*

**For ages 14 and under.
Campers will be
grouped with girls of
the same age or ability.**

**For more information call
859-278-0748 or email to
coachgriggs123@yahoo.com**

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Camp Instructors

Bob Griggs-Lexington Catholic Head Coach

-15th year as head coach at Lexington Catholic

-10 District Championships, 3 runner-up

-1 Regional Championship, 2 runner-up

-11 All-State Players

-26 Ky East All Star Players

-Honored with 1999 Kentucky High School Coaching Staff of the Year Award and 2008 11th Region Coach of the Year

-Inducted in the Kentucky Prep Softball Hall of Fame (June 17, 2000)

-Ky East All Star Coach 1999 & 2001 (asst.) and 2000 (head)

-Kentucky All Star Coach 2006

Other Camp Instructors

Larry Meikel-Pitching Instructor & Travel Ball Coach in Lexington and formerly in Kansas.

-Former mens fastpitch pitcher.

-Many years of experience coaching youth teams

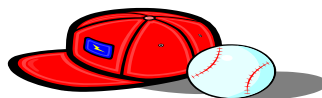
Former Lexington Catholic Players

Current Lexington Catholic Players

Lexington Catholic Assistant Coaches

Pitching Camp (8 am to 9 am)

- **Pitchers need to bring their own catcher. This can be anyone (parent, etc).**
- **Pitchers will be taught fundamentals through drills.**



Skills Camp (9 am to Noon)

Equipment needed: glove, pants or shorts for sliding, indoor court shoes (in case of rain). Optional Equipment: cleats, bat (if you have one)

The camp will be held on the softball field at Lexington Catholic. The softball field has an artificial surface that allows for true hops almost every time. Go around the left side of the school and go straight back. For directions to the school, go to www.lexingtoncatholic.com

Mail your registration form and fee postmarked by June 8

(See right) →

Late sign-ups will be
**June 15 from
7:30 am to 9:00 am**

LCH Softball Camp Entry Form

Please detach this portion and return with your camp fee

See bottom of page

Check one or more	Price	Totals
<input type="checkbox"/> Skills Camp (9 am to noon)	\$65.00	_____
<input type="checkbox"/> Pitching Camp (8 am to 9 am)	\$45.00	_____
<input type="checkbox"/> Mailed before June 8 discount	-\$5.00	_____
<input type="checkbox"/> Sibling discount Include other forms for additional siblings	-\$10.00	_____
Checks Made to Bob Griggs Softball Camp		Total: _____

T-Shirt Size (circle one) YS YM YL AS AM AL AXL

Name _____ Age _____

Address _____

Phone _____

I understand that neither Lexington Catholic High School, its athletic department, the clinic director, nor anyone connected with the clinic assumes any responsibility for accidents, or for medical, dental, or any other expenses incurred as a result of attendance at this clinic. I give permission for the staff of the camp, during the camp, to seek the appropriate medical attention in the event of an emergency.

Signature _____

Emergency phone (8 am to 12 pm) _____

Please mail completed entry form with check to (Mail by June 8):
Bob Griggs
501 Ashley Way
Lexington, KY 40503

If you have questions contact Bob Griggs at
Phone: 859-278-0748
Email: coachgriggs123@yahoo.com