
Lexington Catholic Softball Camp 2010

This is our 12th year having our camp. The first eleven 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.

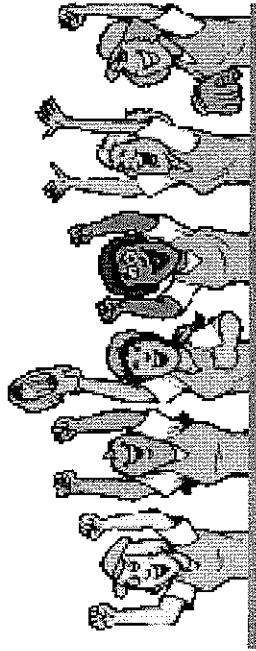
Bob Griggs

Lexington Catholic Head Coach



Bob Griggs
501 Ashley Way
Lexington, Ky 40503

Lexington Catholic Fast-Pitch Softball Camp 2010



At Cardinal Run Park

June 7-9

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

Stamp
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Camp Instructors

Bob Griggs-Lexington Catholic Head Coach

-16th 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-Assistant Coach at Lexington Catholic, Pitching Instructor & Former Travel Ball Coach in Lexington. Prior to that, he coached pitchers at the University of Kansas.

-Former mens fastpitch pitcher.

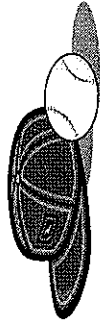
-Many years of experience coaching youth teams

Former Lexington Catholic Players

Current Lexington Catholic Players

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, cleats, indoor court shoes (in case of rain). Optional Equipment: bat (if you have one)

The camp will be held on the back softball fields at Cardinal Run Park. Cardinal Run Park is on Parkers Mill Rd. near the New Circle Road underpass.

Mail your registration form and fee postmarked by June 1

(See right) →

Late sign-ups will be
**June 7 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 1	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 Bluegrass Girls Fastpitch, 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 1):

Bob Griggs
501 Ashley Way
Lexington, KY 40503

If you have questions contact Bob Griggs at
Phone: 859-278-0748

Email: coachgriggs123@yahoo.com