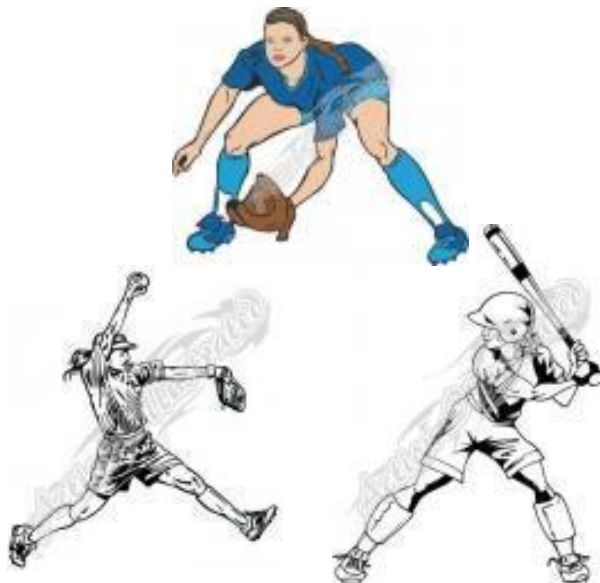


# GOLDEN KNIGHTS SOFTBALL CAMP



**SPRING TRAINING 2010**  
**APRIL 12 - APRIL 16**

**DATES:** Monday, April 12 – Friday, April 16

**TIME:** 9:00 AM to 12:00 PM

**WHO MAY ATTEND:** All players in grades 2 through 8. First time, as well as experienced players are all welcome to attend.

**LOCATION:** Northern Valley Regional High School at Old Tappan softball field

**STAFF:** Melissa Landeck  
(Head Coach - NVOT)  
Matt Doherty  
(Assistant Coach - NVOT)  
Current & former high school / college players

**WHAT TO BRING:** gloves, bats, helmets, catcher's equipment

**COST:** Camp Tuition: \$135.00  
(includes a T-shirt)

Use of Facility Fee: 15.00

Total: \$150  
(*\$160 after the deadline*)

**FOCUS:** We will focus on the fundamentals of throwing, catching, hitting, pitching, and position play. Game situations and drills will be used for instruction and practice.

If you have any questions, contact Melissa Landeck at [LANDECK@NVNET.ORG](mailto:LANDECK@NVNET.ORG)

## PLEASE DETACH AND RETURN THIS FORM

CAMPER'S NAME: \_\_\_\_\_

GRADE \_\_\_\_\_ AGE \_\_\_\_\_

T-SHIRT SIZE (adult): S M L XL

PHONE NUMBERS: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TOWN: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Please make checks payable to **Golden Knights Softball Camp** and return by **APRIL 5th** to:

Northern Valley Regional High School at Old Tappan  
c/o Melissa Landeck  
Central Avenue, Old Tappan, New Jersey 07675

I hereby certify my child is in good physical condition and health, and may participate in all camp activities. In addition, I hold harmless Northern Valley Regional High School and all clinicians. In case of emergency, I grant permission for my child to be given emergency medical treatment at Valley Hospital.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone Numbers: \_\_\_\_\_