CAMP DIRECTOR
CASSIE CUNNINGHAM
Head softball coach at Ohio Wesleyan since 2007

HIGHLIGHTS:
2014: Bishops finish fourth in NCAC standings, place third in NCAC tournament. Overall record, 23-18
2008 and 2010: Cunningham named North Coast Athletic Conference Coach (NCAC) of the Year
2010: Bishops share NCAC Championship. Overall record: 24-15, the second highest number of wins in school history.
2009: Bishops tie for fourth place in NCAC. Overall record, 24-16-1.
2008: Bishops finish second in NCAC title chase, one game away from OWU's third conference championship.

2000 graduate of Capital University

HIGHLIGHTS:
1996-2000: Earned All-America honors each year
2000: Named first-team Academic All-America®
1998: Capital season record .542 batting average; career batting average of .488 also a Capital record

In her career, also set Capital season and career records for at bats, hits, runs, and stolen bases.

QUESTIONS?
CONTACT:
CASSIE CUNNINGHAM
Softball Summer Camp Director
(740) 368-3737 or cccunnin@owu.edu

DUSTIN RUDEGEAIR
Athletic Facility and Summer Camp Director
(740) 368-3792 or dsrudege@owu.edu

To register online, go to owu.edu/sportscamps
DATES
Monday-Thursday, June 20-23, 2016
REGISTRATION DEADLINE: Thursday, June 16, 2016

ENROLLMENT
This camp is for athletes in grades 5-12. The fee includes room accommodations, all meals, and camp t-shirt.

COST
RESIDENTIAL PROGRAM: $295
EXTENDED DAY PROGRAM: $245

FACILITY
The Softball Summer Camp is held at Margaret Sagan Field, the home of Ohio Wesleyan softball, located on South Henry Street on the southeastern corner of campus. The fully equipped facility features dugouts, bleacher seating, and a two-story press box with areas for concessions and storage. Its dimensions are 200 feet down the lines, 207 feet in the alleys, and 215 feet to straightaway center.

MEDICAL AND INSURANCE INFORMATION
Each camper is fully insured in case of accident or injury. A qualified athletic trainer will be on duty at most training sessions. Medical information forms will be emailed to participants upon registration and are also available at owu.edu/sportscamps.

HOUSING
Participants live in air-conditioned residence halls, but they must bring their own bed linens, towels, and alarm clock. Roommates are assigned at random unless a specific roommate request is made during registration. Campers are supervised by adult camp staff at all times.

MEALS
All-you-can-eat meals are provided in the Smith Dining Hall. Campers also will be able to purchase snacks from vending machines located in the residence halls. At times, camp staff may provide a “snack shop” in the evening for campers to purchase pizza, sports drinks, water, and other snacks.

KEY AND MEAL CARDS: A $30 fee will be charged for each key and/or meal card not returned at camp check-out.

CAMP OVERVIEW
CAMPERS WILL RECEIVE INSTRUCTION IN:

- INFIELD/OUTFIELD: Throwing and fielding fundamentals, drills, weights, flexibility, agility, strength, and training.
- PITCHERS: Basic techniques and form, consistency, different pitches and grips, reading batters and their stances, drills.
- CATCHING: Stance, throwing, communication with the pitcher and team signals, reading batters and their stances, drills.
- LECTURES: Lectures and demonstrations in all aspects of softball.

A TYPICAL DAY AT CAMP
- BREAKFAST (RESIDENTIAL CAMPERS ONLY)
- SKILL INSTRUCTION – SMALL GROUPS AND STATIONS
- LUNCH
- REST PERIOD
- SKILL INSTRUCTION
- GAMES
- DINNER
- CAMP FUN EVENT
- LIGHTS OUT