



Softball and Speed Camp

When: Saturday, November 22nd 9:00am – 12:00pm

Where: North Park in Denham Springs, La.

Driving Directions to North Park : I-12 Take the Denham Springs exit. Go North 1.8 miles to Hwy. 190/Florida Blvd. - Take a right (East) for 1.8 miles to Eden Church Road. Turn left (North) at the light and go 1 mile. North Park on right side.

Cost: \$25.00 if registered by Wednesday November 12th OR \$35.00 after November 12th

What to Bring: All softball equipment, tennis shoes or cleats, and water and/or Gatorade and a snack.

Focus: The clinic will focus on Softball Specific Skills Training and Functional Softball Speed and Strength Training.

Coaches: **Brandt Quick:** BQuick Athletic Development, Speed and Strength Coach
Jennifer Gregory: Former Softball Standout at University of Arkansas Monitcello
Anthony Giovingo: Former Baseball Standout at University of Arkansas Monitcello
Lindsay Koen: McGill-Toolin High School Head Coach (Mobile, AL) and former 4 year starter at Spring Hill College

We appreciate and look forward to working with your kids soon!

If you have any questions and/or concerns please contact Brandt Quick at 504.451.5391

BQuick Athletic Development LLC • P.O. Box 1326 Madisonville, LA 70447 • 504.451.5391 • bquick@bquickfitness.com

Please return bottom portion with payment

Athletes Name: _____ **Age:** _____ **School:** _____

Parent's name: _____ **Contact #'s:** _____ **Cell#** _____

Email Address: (for newsletters and upcoming events) _____

Please check the box that applies and include with payment. Thank You.

Pay for camp before November 12th \$25.00

Pay for camp after November 12th or on day of camp \$35.00

Please make checks payable to BQuick Athletic Development LLC.
P.O. Box 1326
Madisonville, LA. 70447
bquickfitness.com

