

Softball training teaches nuances of the game

By Brian Lockhart

Baseball in all its forms on the diamond, whether softball, fastball, slo-pitch, or regular baseball, is one of those sports that requires many of different skills.

Unlike most team sports, playing on the diamond means you're part of a team but, at the same time your individual performance in the field, making plays, or when you're at bat means you can be responsible for a single action that determines if your team leaves the field with a win or a loss.

Because there's so much involved in baseball, Chris Wight president of Shelburne Jr. Schooners Fastball is offering a pre-season softball training camp during April.

"We're teaching batting, catching, fielding, and base running," Wight said of the pre-season camp. "We're doing a pitching clinic as well for kids that want to learn to pitch or get better at pitching."

The training camp will take place indoors at the Centre Dufferin Recreation Complex on Saturday mornings.

"We're going to have an hour set aside each day just on batting, with different techniques. Then we'll switch over to fielding and catching. We'll have a couple of coaches - one coached university then switched over to the Ontario team and the national women's team. We'll have a couple of physical trainers, sort of a boot camp, to strengthen them up."

The sessions will be two hours long running on Saturday mornings from April 9 - 30, and will be split up between players five to eight years old and nine to 12 years old.

For information on how to sign up for the pre-season training camp, e-mail Chris Wight at ChrisWightSoftballTraining@yahoo.com.