**Next Level Softball**

**Through building confidence and solid habits, in an environment where we encourage taking risks, we will take you to the next level.**

Dear Parents,

Welcome to Next Level Softball! For those who don’t know me, my name is Paul Turenne and I will be the main instructor during our 12 weeks together. I’ve been coaching baseball and softball at all levels for the last 18 years. I’ve also coached volleyball and hockey for over 20 years. I’m passionate about athlete development and character building.

The focus of this camp will be to:

1. Teach confidence at the plate by working on timing, bat plane and a proper stance.
2. Build a solid foundation on proper throwing mechanics.
3. Work on pitching mechanics to become more consistent in the circle.
4. Work on athleticism to become a better all-around fielder.
5. Work on every position to become a more versatile softball player.

Each week, we will work on a variety of physical and mental skills to prepare for the upcoming softball season. I strongly believe that proper nutrition and physical training lead to becoming consistent, well-focused softball players. I also believe that visualization creates permanent pathways in the brain that prepare your athletes body to react with consistent performance.

**Next Level Softball info:**

Where: College Lorette Collegiate \*Come in the front doors.

When: November 24, December 1, January 5, 12, 19, 26, Feb. 2, 9, 16, 23, March 2, 9

Times: U11-1:00-2:30 U13-2:30-4:00 U15 and U17s- 4:00-5:30

What to bring: Baseball glove, bat, helmet, non-marking INDOOR SHOES and a water bottle.

Cost $300: Because of the limited space for the Academy, I will share with you the payment details once I’ve filled the available spots.

**My Contact Information:**

Paul Turenne

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\*\*There will be a maximum of 12 athletes accepted in each age group\*\*