



Travel Softball Organization

2018/2019 Tryouts

August 2018

12U, 14U, 16U, 18U Ages

The Central Penn Lady Renegades travel softball organization for the 2017/2018 season has 12U, 14U and 16U teams. Tryouts will be held in early August for the 2018/2019 season. Current coaches include Nicki Starry and Kirsten Hertzog.

Teams practice both indoors and outdoors at In The Net, ITN Academy, and JBT Fieldhouse.

Tournaments are played at In The Net and tournament venues throughout the mid atlantic and east coast

#### CONTACT

[centralpennrenegades.com](http://centralpennrenegades.com)  
[sue@inthenet.com](mailto:sue@inthenet.com)  
717-838-8706

## OTHER KIDS???

### Baseball Camp

June 12th—14th

Ages 8yrs—12 yrs

### Soccer Camps

Wk #1 June 18—21

Wk #2 Aug 6—9

GK Aug 6—9

Ages 9 yrs—16 yrs

### Field Hockey Camp

June 25—28

Hosted by Alley Cats

Ages 1st—8th grade

Sibling Discounts

Free Camp T Shirts



Camp Information

[www.inthenet.com](http://www.inthenet.com)

[brad@inthenet.com](mailto:brad@inthenet.com)



SPORTS COMPLEX



## 2018 Softball Camps

June 19—21

July 24—26

9:00am—1:00pm



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FEDERAL CREDIT UNION

UPMC Pinnacle



### **CAMP INSTRUCTION**

Gavin Hoban 20 year veteran coach will be leading the 3 day camp. Hoban has spent time coaching at all levels, including a 3 year term at St Francis as the hitting coach. He has coached 2 PIAA State Championship Softball teams, 2 other State Runner Up teams. Hoban is currently the organizational hitting coach for the Pittsburg Riot and Pittsburg Tigers. Hoban has been working with travel programs for 15 years with an emphasis on collegiate showcases and the collegiate recruiting process.

### **CAMP REGISTRATION**

Registration for all Camps can be found at [www.inthenet.com](http://www.inthenet.com).

### **REGISTRATION DEADLINE**

Camp Wk#1 June 19—21

Deadline June 12th

Camp Wk#2 July 24—26

Deadline July 17th

### **TYPICAL DAILY SCHEDULE**

Day #1 & Day #2

- 8:45am—9:00am Check In
- 9:00am—9:30am Stretch / Warm Up
- 9:30am—10:30am Fielding / Positions
- 10:30am—11:30am Hitting
- 11:30am—1:200pm Base Running
- 12:00pm—1:00pm Competition / Scrimmage

Day #3

- 8:45am—9:00am Check In
- 9:00am—9:30am Stretch / Warm Up
- 9:30am—11:30am All Skills Review
- 11:30am—1:00pm Competition / Scrimmage

### **Camp Basics**

#### **CAMP COST:**

\$115 (Includes Camp T—Shirt)

**GENDER:** Girls

**AGE GROUPS:** 8 yrs—14 yrs

### **Camp Location**

In The Net Sports Complex  
798 Airport Rd.  
Palmyra PA 17036

### **Contact Information**

Ali Morton  
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[www.inthenet.com](http://www.inthenet.com)

