



## Miss Shen Select 14u Tryout

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**Program:** Miss Shen Softball is providing an opportunity at the 14U level for players interested in a unique softball development experience. The goals of this program are to create impact players through skill development and competitive play at top tournaments in the Eastern United States.

**Practices/Skill Development:** Program includes two team practices a week at the Miss Shen Softball Complex, which includes weekly hitting cage sessions as well as USA softball aligned practice plans. Practices will be high energy with a focus on skill development, team effort and team work ethic.

**Weekly Skill Clinics:** In addition to the two practices a week, a weekly skills clinic will be run by High School and College Coaches/Players. Position specific development as well as hitting instruction will be covered within the various clinics throughout the Fall and Summer.

**Winter Workouts:** Indoor gym workouts for pitchers, catchers and positional players over the course of the winter. Beginning in January, players will take part in weekly workouts at Hayners Sports Academy which will continue through March.

**Tournaments:** Selected players will participate in three Fall tournaments – two Winter tournaments and – six Spring/Summer tournaments – Tournament selection will include major USSSA tournament events with one of the summer tournaments to include USSSA Nationals. Tournaments will include Aunt Rosie's International Fast Pitch, TCS East Coast Summer Nationals and the 14U USSSA Nationals event.

**Cost:** Registration fee for selected participants will be \$500 (\$250 payable upon selection and \$250 due by January 1) which includes uniforms and team gear (Bag – Helmet). Additional fundraising efforts will be required of each player.

**Player Expectations:** Players selected will be expected to attend all training sessions with a significant commitment to improving individual work ethic as well as displaying a dedication to team concepts.

**Open Skills / Tryouts:** skills and tryouts are open to all capital district area players and will be held at the Miss Shen Softball Complex.

1. Open Skills: August 2<sup>nd</sup> at 5:30 pm.
2. Tryouts: August 3<sup>rd</sup> and 4<sup>th</sup> at 5:30pm

**Contact:** Questions - contact Head Coach Shawn MacKinnon at 518-937-0905.