MARCH 29, 2025

Little Bulldogs Softball Camp



INCLUDES SKILLS TRAINING FOR PLAYERS AND A PARENT/COACH MEETING

Little Bulldog Softball Youth Camp

Session 1: 1st, 2nd, 3rd Grade 8 AM - 10 AM **Session 2:** 4th, 5th, 6th - 10:30 AM - 12:30 AM

Location: Ogden High School. The camp will be located indoors utilizing the facilities at the Ogden Middle/High School. Registration and Check in will be located at the activities entrance of the building. Please enter the building through the activities entrance.

Cost: \$25 Per Athlete. Payment will be accepted the morning of the camp and can be paid with cash or with a check made out to "Ogden Community Schools".

Registration - LINK TO REGISTRATION FORM - Please register by March 20, 2025. The form for registration can be found on the Ogden Softball Instagram page (@ogden.softball) or on the Ogden Activities Facebook Page (Ogden Bulldog Activities).

What to Bring? Athletes should wear tennis shoes and bring a glove, bat, helmet. Camp participants will receive a camp shirt if they register on or before March 20, 2025.

Softball Camp Schedule

1. Registration/Check In:

Check In - At Activities Entrance. Please bring payment for the camp in the form of a check made out to "Ogden Community Schools" or cash. Campers will receive their camp t-shirt at registration.

2. Warm Up in Old Gym (20 minutes)

Introduction

Stretch

Throwing Progression

Throwing Competition

3. Circuit

At the beginning of the circuit, parents and high school coach Reed Smith will meet in the teachers lounge for a meeting where information and resources will be shared including drills and points of emphasis regarding softball skills and strategies.

Old Gym: Pitching/Catching (20 minutes)

New Gym (North/South) - Use Curtain

- a. North Outfield (20 minutes)
- b. South Infield (20 minutes)

Old Weightroom: Hitting Circuit (20 minutes)

- 4. Closing Competition (15 minutes) (Old Gym)
- 5. Closing (5 minutes)

Contact Reed Smith at reed.smith@ogden.k12.ia.us with any questions.