



CANADA EAST SOFTBALL ACADEMY

PITCHING & HITTING TRAINING

@ 275 Rocky Lake Dr, Unit 14

Overview

As a former world class pitcher/hitter and present-day national team who has coached Canada's men's and women's national teams and been a part of multiple podium performances at the Pan American Games, World Championships and Olympic Games over the past 40 years. Having worked with some of the top men's and women's softball pitchers and players in the world and I understand the work ethic, commitment, and motivation required to perform at an elite level.

Our Focus

Pitching and Hitting is the lifeblood of our sport. These 12 week Pitching and Hitting sessions are designed to teach basic to advanced pitching and hitting skills required to be successful at whatever level you play. Athletes will learn strong training habits and develop the confidence to reach their full potential.

Who the Program is for

This program is designed for athletes who aspire to play Club Rep Team, Provincial Team, Canada Games, Junior National Team, CIS, and Junior College to NCAA.

Program Instructors

Mark Smith - Former men's national team pitcher/player and head coach of both the men's and women's senior national team programs for over two decades. Mark has enjoyed tremendous success as both an athlete and coach with multiple podium finishes at major international events including a bronze medal winning performance at the 2020 Olympic Games. He is a member of four Halls of Fame and was voted one of Nova Scotia's top 15 greatest athletes of all time.

Jeff Cameron - Former Canadian senior men's national team development team pitcher/hitter, Jeff was a dominant player in Atlantic Canada for 15 years and also played internationally, winning 3 Venezuelan Senior Men's National Championship gold medals. Jeff was a key member of 1998 Halifax Jaguars, Senior Men's National Championship winning team. He is the owner of Prodigy Sports.

Registration

Need to add registration form

Entransfer cane made to:

Canadaeastsoftball@gmail.com

Registration deadline:

December 20th.



Program Sessions

Hitting Sessions

Monday Nights beginning January 5th - March 30th

Cost \$600

- 5:00pm - 6:00pm U11
- 6:00pm - 7:00pm U13
- 7:00pm - 8:00pm U13/U15
- 8:00pm - 9:00pm U15
- 9:00pm - 10:00pm U17+

*There are 24 spots available in each session. Sessions will be filled on a first come, first serve basis.

*Age categories may be modified based on demand.

Pitching Sessions

Thursday Nights beginning January 8th - April 2nd

Cost \$600

- 5:00pm - 6:00pm U11
- 6:00pm - 7:00pm U13
- 7:00pm - 8:00pm U13/15
- 8:00pm - 9:00pm U15
- 9:00pm - 10:00pm U17+

*There are 8 spots available in each session. Sessions will be filled on a first come, first serve basis.

*Age categories may be modified based on demand.

*pitchers need to provide their own catcher.





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REGISTRATION FORM

Participant's name: _____ Age: _____

Address: _____ Postal Code: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Club Team: _____ Position: _____

Please check:

U11 ☐ U13 ☐ U15 ☐ U17+ ☐

Hitting Sessions: \$600.00 ☐

Pitching Sessions: \$600.00 ☐

The Canada East Softball Academy is not a beginner softball program. CESA reserves the right to remove athletes from the program who lack the basic fundamental skills to be participate in a safe and positive manner.

IF PARTICIPANT IS UNDER THE AGE OF 16

I do hereby approve my child's participation in the Canada East Softball Academy program. I certify that my child is in good health and able to participate with no limitations.

Guardian's Name: _____ Signature: _____ Date: _____

Participant's Name: _____ Signature: _____ Date: _____

Contact Information
Email: Canadaeastsoftball@gmail.com
Phone: 902-452-3026