



# CLARKE UNIVERSITY BEGINNER'S PITCHING CLINIC

(OPEN TO GRADES 3-12)

## WHAT TO EXPECT

Instruction on basic pitching fundamentals and mechanics with a focus on the following:

- Pitch location
- Improving your fastball
- Introducing the change-up

Pitchers need to provide their own catcher and must wear tennis shoes.

## CLINIC DATE

**SUNDAY, JANUARY 22, 2012**  
9-11 a.m.

## COST

Camp Fee     \$45  
Fee includes Clarke Softball t-shirt.  
Please make checks payable to Clarke University Softball.

## CAMP LOCATION

Robert and Ruth Kehl Center - Gym Floor  
Clarke University

## ADDITIONAL INFORMATION

For additional information please contact Jaclyn Salzwedel at (563) 588-6619 or [jaclyn.salzwedel@clarke.edu](mailto:jaclyn.salzwedel@clarke.edu)

## REGISTER TODAY!

Registrations will be taken up to the day of the clinic. To ensure that your child has a t-shirt for the clinic, registration and payment must be received by **Sunday, January 8, 2012.**

Space is limited to the first 20 participants.

Complete the Camp Registration Form and mail along with your \$55 check (payable to Clarke University Softball) to:

Jaclyn Salzwedel  
Head Softball Coach - Clarke University  
1550 Clarke Drive  
Dubuque, IA 52001

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

PLEASE COMPLETE AND RETURN THIS PORTION WITH FULL PAYMENT.

## BEGINNER'S PITCHING CLINIC REGISTRATION FORM

Camper's Name \_\_\_\_\_ Age \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Mother's Name \_\_\_\_\_

Mother's Cell Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Father's Name \_\_\_\_\_

Father's Cell Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Parent's E-mail \_\_\_\_\_

Time Request \_\_\_\_\_

T-shirt Size: (circle one) Youth YS YM YL Adult AS AM AL AXL

## HOLD HARMLESS AND HEALTH INFORMATION

Neither Clarke University nor the Clarke University Softball Clinic carries medical insurance for injuries sustained by participants. Therefore, the person responsible for participant should review his/her own health insurance policy for coverage. The absence of health insurance coverage does not make Clarke University or the Softball Clinic responsible for payment of medical expenses. As a parent/guardian/participant, I agree to assume the full risk and fully release and discharge members of the Clarke community, its directors, officers, trustees, agents, servants and employees for any injuries, including death, damages, or loss regardless of severity, which I or my child/ward may sustain as a result of any Softball Clinic activity. I agree to waive and relinquish all claims my child/ward or I may have as a result of participating in the Clarke University Softball Clinic against Clarke University and its directors, officers, trustees, agents, servants and employees, as well as to indemnify and hold harmless the aforementioned. In the event of an emergency, I authorize Clarke University Softball Clinic officials to secure treatment from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for me or my child/ward's immediate care, and medical services required.

I have fully read and understand the above, and all information supplied by me is accurate and current to the best of my knowledge.

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Participant's Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Allergies: \_\_\_\_\_

Necessary Medical Information: \_\_\_\_\_

Medical Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Dubuque Doctor/Hospital Preference: \_\_\_\_\_

If Parent/Guardian is unavailable, in the event of emergency, please contact:

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_



Notice: Distribution of this flyer doesn't constitute an endorsement by the Dubuque Community Schools. Printing cost paid for by sponsoring organization.

## **CLINIC STAFF**

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### **Jaclyn Salzwedel**

Jaclyn is in her second season as head softball coach at Clarke University. In her first year as head coach the Crusaders made it to the MCC Final 4 Tournament.

The Wyoming, Mich., native previously served as associate head varsity softball coach at Rogers High School in her hometown.

From 2007 to 2009, Salzwedel was a grad assistant softball coach at the University of Wisconsin-Platteville. She was also the the program's main assistant as well as the hitting specialist for the Pioneers' 2008 team that led the NCAA Division III in home runs per game.

Prior to her stint at UW-Platteville, Salzwedel was the assistant softball coach at Grand Rapids Community College and was the head varsity softball coach at Union High School in Grand Rapids, Michigan.

Salzwedel played collegiate softball at Grand Rapids Community College and at Aquinas College in Grand Rapids. The four-year starter earned honorable mention all-region and all-conference honors at Grand Rapids, and was a member of the NAIA All-Region Tournament Team and an NAIA National Tournament participant at Aquinas.

Salzwedel received her associate of arts degree from Grand Rapids Community College, her bachelor of arts degree from Aquinas College, and her master of science in education degree from UW-Platteville.

### **Mark Rako**

Mark "Vinnie" Rako is in his second season as assistant coach/pitching coach at Clarke University.

Rako brings extensive softball coaching experience having served as an assistant at the University of Wisconsin-Platteville in the early-90s and from 1998 to 2007. He also works with individual pitchers in helping them develop their skills.

Rako is an accomplished fast-pitch softball pitcher as a standout on many tri-state area teams. He began his playing career at the age of 14 and continues to compete at tournaments and as a member of several teams. Over the past 38 years, Rako has played with and against some of the top players in the nation.

Shoulder problems in the 1990s forced him off the mound until rotator cuff surgery in 2000 at age 42 allowed him to pitch again. Since then, he's compiled a record of 418-128 and since 2001, he's posted seven perfect games and 10 no-hitters. He went 62-14 in 2004, 62-18 with 770 strikeouts in 2007 and 48-13 in 2008.

Rako has played in many national tournaments, including the North American Fast-pitch Association (NAFA) tournament and the International Softball Congress (ISC) world tournament in 2008 at age 50. He was named to the Over-45 ASA National All-Star team in 2004 and 2006.

### **Bridgette Clark**

Assistant Coach - First Year