Re: Softball Ireland High Performance Academy - Coed Slowpitch Trials

Trials will be held for the Softball Ireland High Performance Academy on <u>Sunday</u>, <u>March 2, 2014</u>, in Castleknock College Dublin - 10:00am

All qualifying members of Softball Ireland are invited to attend the Trial. Please note - All candidates must provide proof of nationality (copy of passport) or proof that they are in application to become nationalised at the time of trial. Please ensure to bring the above listed documentation or you will not be permitted to trial on the day.

Players are expected to arrive by no later than 10:00am in order to complete registration.

The trial will commence at 10:30am and the session will comprise of the following:

- Session layout
- Outline of expectations during the trial
- Stretch and throwing warm up
- Outfield drills
- Infield drills
- Pitching (looking for the talent)
- Batting soft toss
- Live batting
- Warm down
- Chat about next steps

All candidates are expected to trial in each position and demonstrate a willingness to be instructed and carry out the instruction to the best of their ability.

Successful candidates will be invited to join the existing players in the Softball Ireland High Performance Academy.

Please note that the Softball Ireland High Performance Academy receives limited funding from Softball Ireland. Players will be expected pay a squad an annual membership fee.

Players will also be responsible for flights, accommodation and Uniform fees - these costs may be offset through sponsorship and fund raising. Players will also be required to partake in fundraising activities.

Softball Ireland