

To register, complete application below,  
and mail with payment to: *In the Zone,*  
6870 Chrisphalt Drive, Bath, PA 18014 or  
call Instructor, Anne Lutz at 610-799-3078

Name \_\_\_\_\_

Parents' Names \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ DOB \_\_\_\_\_

E-mail \_\_\_\_\_

**Pitching Lessons: Dates and Times:**

Date \_\_\_\_\_ Time \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

**Hitting:** *please circle dates desired*

Sundays: Oct 30, Nov 6, 13, 20 and 27

***Consent and Waiver:***

I certify that my child \_\_\_\_\_  
has had a physical examination by a licensed  
physician within the last year and is in sound  
physical condition for participation at In the  
Zone.

I authorize the staff of In the Zone to act  
for me to use their best judgment in situations  
requiring first aid or medical attention.

I understand participation in athletics has  
certain inherent risks and assume responsibility for  
those risks. I waive and release In the Zone and  
those directing the program from any and all  
liability for any injury my child might incur while  
participating.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

**Batting Cage Etiquette:**

- If people are waiting in line use only 2 tokens at a time then allow others to take their turn
- Kick or toss balls back after each round (Don't throw or hit).
  - Wait your turn

**Our Cages:**

There are 5 batting stalls at *In the Zone* which feature 10 separate pitching machines. Each stall can deliver either baseballs or softballs.

The baseball machines are set at 30, 40, 50, 60 and 70 mph with Cage 1 at 30 mph and increase in speed moving to the right.

There are 2 slow pitch softball machines throwing a 6-10 ft arc and 3 fast pitch machines. The fast pitch machines start in cage 3 and are set at 35, 45 and 55 mph.



Our batting cages use "soft" dimpled balls that will not damage expensive aluminum bats.

*Fall 2011*  
**SOFTBALL**

*Hitting and Pitching*  
**Lessons**

*In the Zone*



**Athletics**

Est. 2004



Conducted at:

**In the Zone**

6870 Chrisphalt Drive

Bath, PA 18014

610-837-8605

[www.inthezonesports.biz](http://www.inthezonesports.biz)

The primary focus of each workshop is to teach and practice proper fundamentals. At In the Zone, we feel that mastery of the fundamentals is essential for high-level performance at every level and should be emphasized at every workout. Athletes, no matter what level they climb to, never out-grow the fundamentals.

The workshops will feature personalized instruction and drills that will stress proper technique while building muscle memory.

Each workshop is designed as a stand-alone instruction and practice session. Players can attend any one of the sessions, all the sessions or any combination.

## **Pitching Lessons\***

The pitching lessons will be limited to just 3 pitchers per session. Lessons are approximately 45 minutes in length and will be held on the following dates:

Dates: Sundays Oct 16, 23, 30; Nov 6, 13, 20, 27; and Dec 4

Times: **12:00, 12:45, 1:30 and 2:15.**

**\* PLEASE NOTE:** In order for instructors to focus attention on the players and their pitching skills, we require pitchers to bring their own catcher.

**COST: Pitching Lessons:** The cost for the pitching workshop is \$30/session. If you pre-register and pay for 4 or more sessions, the cost is only \$25/session.

## **Hitting Lessons**

Each hitting lesson is 55 minutes in length and is limited to 9 players per session. They will be held on the following dates and times:

Sundays: Oct 30; Nov 6, 13, 20 and 27  
Time: 3:00-3:55



Please note: Hitting lessons do not normally include any rounds in the batting cages.

### **COST: Hitting Workshops**

The cost for the hitting workshops is \$20.00/session. If you pre-register and pay for 4 or more sessions, the cost is only \$16/session.



**REGISTRATION:** You must pre-register and pay to reserve your spot. Walk-ins will be accepted only if space permits.

**Cancellation Policy:** Cancellations must be made 48 hours in advance in order to avoid a 50% cancellation fee.

Make up day for cancellations is Sunday Dec 11, 12:00- 2:15

*The primary instructor might not be available for the make-up sessions and there might be more kids in the session than outlined earlier in this brochure.*

*Private One-on-One Lessons available:*

*\$30 for 30 minutes or  
\$55 for 1 hour.*

*Contact Anne at 610-799-3078 to schedule*



**PRIMARY INSTRUCTOR:**

*Anne Lutz*

The varsity pitching coach at Northampton Area High School in 2009 and 2010, Anne was a 3 sport athlete at Verona High School in NJ, Anne pitched her softball team to 4 straight conference, county and state finals while setting records for most wins (36), No-hitters (4), and ERA (2.31). Anne continued her career at Muhlenberg College. She won 22 games and posted a 2.63 career ERA while pitching No-hitters against Albright and Widener. Batting clean-up, Anne led her high school team with a .397 batting avg. At Muhlenberg, Anne started in left field when she wasn't pitching and compiled a .351 batting avg.

**Champions are made in the  
off season!!**