



St. Cloud State University Softball Pitching Lessons



KRISTA UNGER - ASSISTANT COACH (2nd Season)



Unger is a 2004 graduate of the University of Nebraska at Omaha, where she was a member of the Maverick softball team from 1999-2003. At UNO, she was a four-year standout and three-time All-NCC award winner. In 2001, Unger help lead the Mavericks to a Division II National Championship by pitching a 2 hitter in the title game. She received an all-tournament team award. Unger owns numerous pitching records at UNO. Recently, Unger has held coaching positions as JV-Varsity pitching coach at Omaha Gross High School in the fall of 2003 and Nebraska State qualifying Omaha Westside High School in the fall of 2004.

Sessions will include:

- Fundamentals and techniques of basic softball pitching skills
- Techniques on throwing drop, rise, change, and curve balls.
- Access to an indoor facility during winter months.

When: Sunday from 1:00 pm – 2:00pm or 2:00 pm -3:00 pm

**Depending on numbers and skill level*

Where: St. Cloud State University Field House, Halenbeck Hall

Session ONE – 6 Weeks

Cost \$125

November 6th, 13th, & 20th
December 4th, 11th, and 18th

Session TWO – 4 Weeks

Cost \$75

January 15th, 22nd, 29th
February 5th

*****Individual Session cost will be \$25 per date.**

No refunds will be issued. In case of inclement weather all efforts to reschedule a make-up date before March 1st, 2005 will be made.

Sessions will be filled on a first come first serve basis.

ITEMS TO BRING: Players should come dressed for participation. It is recommended that you bring tennis shoes and water. All players must provide their own gloves and catchers. Catchers are included in the cost of the sessions.

For questions or to reserve a spot please contact Krista Unger at
unkr0501@stcloudstate.edu or (402) 960-9884.

Additional information can be found at:

<http://www.stcloudstate.edu/athletics/sports/softball/default.asp>

