



SPARTA GIRLS SOFTBALL SUMMER CAMP 2023



CAMP DIRECTOR

Gretchen Bowie

Former Division I Softball Player for St.
John's University

- Louisville Slugger of the Week/NFCA D1 Player of the Week
- Big East Defensive Player of the Year
- 1st Team All-Big East (all 4 years)
- Multiple Big East Player of the Week and Weekly Big Easy Honor Roll awards
- Team MVP + hold the program record for triples
- Overall stats: .320 AVG, 40 HR, 41 doubles, 152 RBIs, 13 triples, .630 SLG.



Lynn D'Amelio

Assistant

- Health and Physical Education at Sparta High School
- Graduated University of Delaware in 2004.

SPARTA GIRLS SOFTBALL SUMMER CAMP REGISTRATION ENTERING GRADES

2ND - 9TH

Registration Site:

<https://sites.google.com/sparta.org/sparta-girls-softball/summer-camp-2023>


INFORMATION:

Please visit our website to register for the camp! Registration is going to be completed online via a Google Form.

<https://forms.gle/JTsYi3Qhb74vXmmt5>

Mission:

This camp is open to any player that is entering 2nd - 9th grade. This camp is going to be run by the current SHS softball team coaching staff along with former/current high school softball players. This camp is going to focus on developing player's fundamentals and knowledge of the game. Campers are going to engage in various skill-based drills focusing on fundamentals, game-like situations/scrimmages, and interactive team-building competitions! Each camper is going to be provided with a Sparta Girls Softball Summer Camp T-Shirt!





INFORMATION:

Where:

Sparta High School Varsity Softball Field

When:

July 10th - July 14th, 2023 from 9-1pm.
Check-in on Day 1: please arrive at 8:30am.

Cost:

\$165 a camper; \$20 off an additional sibling.

Equipment needed:


Cleats/sneakers, softball glove, helmet, softball bat, **sunscreen**, hat/visor, lunch, and a positive attitude.

Food:

Lunch is not going to be provided for the campers; however, snacks will be available for purchase during camp week.

Additional information:

If you have any further questions, please reach out to: gretchen.bowie@sparta.org



The Campers Day

9:00 - Attendance/Announcements

9:10 - 9:30 -
Instruction/Daily Theme

9:30 - 10:30 - Fundamentals/Contests

10:30 - 11:30 -
Game-like situations/scrimmages

11:30 - 12:15 -
Lunch Break
(lunch is not provided: but there will be snacks available for purchase)

12:15 - 1:00 -
Stretch, Competitions and Review of day



*PLEASE VISIT OUR
OFFICIAL WEBSITE!
IT CONTAINS
INFORMATION
ABOUT THE
COACHING STAFF,
FUNDRAISING
EFFORTS FOR 2023,
AND THE SUMMER
CAMP!*

*[HTTPS://SITES.GOOGLE.CO
M/SPARTA.ORG/SPARTA-
GIRLS-SOFTBALL/HOME](https://sites.google.com/m/sparta.org/sparta-girls-softball/home)*