

2024

SUMMER SOFTBALL CAMP



ALL-SKILLS SUMMER CAMP

Ages 6-12

Monday, June 17 - Thursday, June 20

9:00 am - 3:00 pm

San Mateo, CA

psa 
PREMIERE SOFTBALL ACADEMY

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WHY CAMP?

Premiere Softball Academy is a highly popular softball camp located in Northern California. Our focus is on developing fine motor skills, athleticism, core fundamentals and softball IQ.

We believe in teaching our girls with a strong visual approach to enhance their growth and development.

Our camp is not a gimmick; we lay emphasis on imparting skills, practicing those skills through specific drills, and using the full application of the drills during our sessions.



YOUR DAUGHTER WILL GROW AND FLOURISH

Build confidence

Learn new skills

Challenge themselves

Develop leadership skills

Discovering new talents

Create and achieve personal goals

Learn resilience and cultivate life skills

Relax and have fun playing the game they love

Mental Training



Why camp ?

Grow, Develop, Build Confidence & Have Fun!

PSA Softball Academy takes pride in offering its popular Softball Summer Camp that teaches every aspect of softball. Our passionate coaches specialize in teaching softball strategies and techniques. The camp games are focused on specific softball skills and IQ development, ensuring that your child will have fun while learning from some of the best professionals in the business.

We often get asked if we are a gimmicky camp that plays pretend softball or if your child will play softball with tennis racquets or capture the flag during a softball-specific summer camp. We want to make sure you know that we are not such a camp. When you pick up your child from camp and ask them what they did, you will be amazed by the knowledge they have gained daily.

Experience the joy of softball this summer at PSA summer camp. Our expert coaches will guide you through drills and exercises designed to improve your skills and help you reach your full potential. Along with the camaraderie of fellow softball players, you're sure to have a blast both on and off the field..

They will leave each day of camp feeling our main focus of camp... dream BIG. work HARD.

Christie McCoy

CAMP DIRECTOR, OWNER OF PSA



Hello and welcome,

Thank you very much for taking the time to register your daughter for our summer softball camp. We understand that there are many camps to choose from, and we are honored that you have selected PSA.

We take great pride in developing our camps and creating a fun environment for your children to learn, grow and thrive. Our camps are well-structured, fast-paced and highly interactive. Our goal is to ensure that at the end of each camp day, your children return home with a wealth of knowledge, having learned new things and are eagerly looking forward to returning the next day. We look forward to welcoming you and your child to the camp, and once again, thank you for the opportunity to make a positive impact on your child's softball journey.

dream BIG. work HARD.

Christie McCoy

San Mateo Peninsula Hall of Fame
College of San Mateo Hall of Fame
Aragon High School Hall of Fame
Full Scholarship Athlete - Nebraska
NFCA All-American Designated Player
National Player of the Week
Big XII 1st Team
CA State Player & Pitcher of the Year
Former Professional Softball Player



Our Philosophy

PSA believes that mastering the fundamentals and pushing the boundaries of what you think is possible is the key to success in softball. Our private lessons are tailored to equip you with the necessary tools to excel, from refining your swing to building your confidence on the field. Our coaches are dedicated to providing you with personalized attention and expert guidance, ensuring that you thrive both on and off the field. Our ultimate goal is to help you achieve your objectives and become the best athlete you can be.



*dream BIG
work HARD*



Camp Details

Location: TBD

Monday, June 17

8:30 am

Check-In/ Early Drop Off

Please bring copies of all forms if you have not already turned the in.

9:00 am

Camp Begins

3:00 pm

Camp Concludes

3:30 pm

Pre-arranged Late Pick-Up

Tuesday, June 18

8:30 am

Check-In/ Early Drop Off

9:00 am

Camp Begins

3:00 pm

Camp Concludes

3:30 pm

Pre-arranged Late Pick-Up

Wednesday, June 19

8:30 am

Check-In/ Early Drop Off

9:00 am

Camp Begins

3:00 pm

Camp Concludes

3:30 pm

Pre-arranged Late Pick-Up

Thursday, June 20

8:30 am

Check-In/ Early Drop Off

9:00 am

Camp Begins

3:00 pm

Camp Concludes

3:30 pm

Pre-arranged Late Pick-Up



Camp Itinerary Concept

DEFENSE DAY!

Proper throwing mechanics/breakdown

INFIELD

Infield Every-days
Infield Defense Situations
Rundowns
Covering Bases
Triangle Drill

OUTFIELD

Proper Fly Ball Mechanics
Angles
Throwing to Bags
Situations
Drop Steps
Crowhops
Sun Balls

SOFTBALL IQ Chalk Talk

Infield & Outfield Situations

MENTAL TRAINING

Athletic Breathing
Breathing Patterns

DAY 1 FOCUS

On day one of our camp, we focus on the basics of overhand throwing, safe catching techniques, and the essential components of defense. We also introduce the campers to softball vocabulary and the intricacies of complex defensive plays, including the who, what, where, when, why, and hows. Additionally, we challenge them with advanced movements while teaching them the game's strategy. Day one is always a favorite, setting the foundation for the rest of the camp.

1



Camp Itinerary Concept

OFFENSIVE DAY!

UPPER BODY

Grip
Stance
Front Hand/Back Hand
Bat Path
Load vs. Shifting
Timing

LOWER BODY

Jobs of the Legs
Hips
Power/Balance/Control
Load vs. Shift
Stride or not to Stride
Pivot/Hip Drive

ADDITIONAL

Sac, Squeeze, Drag,
Push Bunts
Baserunning
Leadoffs/Steals

SOFTBALL IQ Chalk Talk

Strategy
Hitting & Baserunning

MENTAL TRAINING

Imagery & Visualization

DAY 2 FOCUS

On the second day of camp, we will be teaching the girls how to swing the bat with more precision and power. Our focus will be on breaking down the swing into its key components and helping them to understand how their body should feel at each stage. We won't be changing their existing swing, but rather enhancing it.

The day will be split into two parts - the morning will be dedicated to upper body drills and skills, while the afternoon will focus on the lower body. We will emphasize the importance of power, balance, and control throughout the day.

The girls will enjoy learning about offensive strategy, including how to execute various types of bunts and deal with different game situations. They will also get to learn how to slap, which is a valuable skill for any player to have.



2

Camp Itinerary Concept

PUTTING IT TOGETHER

DEFENSIVE REVIEW

Review of all of the skills we learned in Day 1

OFFENSIVE REVIEW

Review of all of the skills we learned in Day 1

CHALLENGE DAY

Challenge the skills they have learned through competitive games

SOFTBALL IQ Chalk Talk

Game Situations
Thinking 1 Step Ahead

MENTAL TRAINING

Tunnel Vision
Managing Distractions
Positive Thinking 1st

DAY 3 FOCUS

On the third day of the camp, we start to develop the skills that we have learned in the first two days. We focus on enhancing their softball IQ, strategy, and how to implement these strategies in challenging situations. It is an opportunity for the participants to challenge both their minds and bodies. They will get to concentrate on their primary position while also trying something new.

This day is all about pushing themselves to the limit. We encourage them to make plays that are challenging. It is not just about knowing how to make the play, but also understanding why they made it and what the next step should be after making the play. We love having chalk talk sessions on this day and see their minds expand and flourish.

3



Camp Itinerary Concept

GAME DAY!

DEFENSE & OFFENSIVE EVERYDAYS

Throwing/Catching
Defensive Every-days
Infield and Outfield Strategy

Upper/Lower Body Hitting
Progressions

CONTROLLED SCRIMMAGE

3 Teams
Learning the same situation
from various elements

FRIENDSHIP BRACELET TRADING

SOFTBALL IQ Chalk Talk

Reactions
Positive vs. Negative
Troubleshooting

MENTAL TRAINING

Be the best YOU

CAMP CONCLUDES

DAY 4 FOCUS

On the final day of the softball camp, we really challenge the girls by focusing on all the skills we have worked on throughout the week. We review all the softball IQ, mental challenges, and physical ones. We end the week with a modified softball game where three teams compete against each other at the same time. One team plays offense, one plays defense, and the third team focuses on baserunning. Through this controlled scrimmage, they work on the same strategy at the same time while being in different scenarios. The last day of the camp. We teach until 3 pm, and they continue to learn as they go home and practice enhancing all the skills we worked on throughout the camp!

4



What to bring to camp



ESSENTIAL ITEMS TO BRING TO CAMP

Equipment

Softball Glove
Fielding Mask
Bat
Batting Gloves
Batting Helmet
Sliding Pad
Sunglasses
Hat/Visor
Cleats/Turfs

Essentials

Sunscreen
Chapstick
Towel
Extra Clothes

Food & Drink

Water Bottle
Water
Snack
Lunch



please Keep at Home

Candy, Seeds, Gum & Mints
Soda & Energy Drinks
Toys, Stuffedies, Slime
Non-Softball Related Items
Fireworks
Illegal Drugs, Alcohol
Pets & Pictures
Jewelry

What do I wear to camp?

GOOD CHOICES

Head

Hat
Visor
Sunglasses



Feet

High Socks
Cleats/Turfs
Tennis Shoes

Upper Body

T-Shirt
Long Sleeves
Hoodie
Sweatshirt
Jacket
Softball Jersey



Lower Body

Softball Pants
Leggings
Capri Leggings



NOT THE BEST CHOICE

IF YOU SECOND GUESS IT, IT PROBABLY IS
NOT THE RIGHT CHOICE

Upper Body

Crop Tops
Crop Top Sweatshirt
Tank Top
Exposed Sports Bra
Taylor Swift Sunglasses

Lower Body

Sweatpants
Booty Shorts
Skirt/Dress
Jeans/ Jean Shorts
Cargo Shorts
Sports Shorts

Additional

Jewelry
Taylor Swift Bracelets
Converse/Air Force
Flip Flops/Slides
Crocs



What do I wear to camp?

HAIR AT CAMP

IF YOUR HAIR IS PAST YOUR EARS/SHOULDERS IT MUST BE PULLED BACK IN A PONY TAIL OR BRAD




ponytails & braids preferred



Camp Registration

PSA Main Website

Home Services Book CAMPS/CLINICS **SUMMER CAMP** Our Coaches SWAG 



Pitching Speed 8-Week Class Registration is OPEN!

SUMMER CAMP



psa
PREMIERE SOFTBALL ACADEMY

SUMMER SOFTBALL CAMP

RATED ONE OF *the best* SOFTBALL CAMPS IN NORTHERN CALIFORNIA

ALL-SKILLS CAMP
AGES 6 - 12

Camp Date: JUNE 17 - JUNE 20
Time: 9:00 AM - 3:00 PM
Cost: **\$695** (including food)

Camp Includes

- ✓ Basic Core Fundamentals
- ✓ Learn Strategy of the Game
- ✓ Creative & Fun Ways of Learning
- ✓ Offense, Defense, Baserunning, Pitching & Catching
- ✓ Softball IQ
- ✓ No gimmicks - just the game of softball!

Camp Location
TBD - Either San Mateo or San Carlos

Registration Link
www.pssoftballacademy.com

More Information 650-422-0224
premieresoftballacademy@gmail.com

Summer Camp Interest Form

First name Last name

Email *

Code

Current Team/League

Age

Register



Camp Documents/Forms

SUMMER CAMP FORMS

ALL FORMS MUST BE FILLED OUT
BEFORE ARRIVAL AT CAMP



REGISTRATION FORM



PLAYER CARD



HEALTH & EMERGENCY RELEASE



PAYMENT REQUEST FORM



GENERAL LIABILITY FORM



MEDIA RELEASE FORM



Camp Rules

We have a **ZERO tolerance** for breaking camp rules.

1. Respect yourself, others, coaches and all softball equipment
2. Everyone helps set up and put away equipment before and after camp
3. Trash and garbage is thrown out by the owner of the garbage
4. Bad words and putting down others is not tolerated and is subject to being sent home
5. Helmets and facemasks are to be worn at all times. This includes both offensive and defensive masks. If you do not want your child to wear a mask for defense you must sign a separate release form
6. No gum, candy, mints, sunflower seeds allowed. No exceptions.
7. Do not write on any of the camp whiteboards, coaches clipboards
8. If you need any medical attention find a coach or counselor asap. This even includes needing a bandaid
9. No hitting, slapping, touching, kicking or other negative contact

DISCIPLINARY ACTIONS

We make every effort to maintain a positive atmosphere with all of our students. However, there have been instances where rules have been violated, and as a result, disciplinary actions have been taken. The type of disciplinary action taken would depend on the nature of the violation committed.

STRIKE 1

Conversation with Coach Christie and warning. Parents notified after camp.

STRIKE 2

Parents notified and student will sit out of a fun part of the camp

STRIKE 3

Removal from camp without a refund.

General Questions

Now that I am registered, what is next?

Within a week of your registration, you will receive our camp itinerary, know before you go, camp forms (health/release), and payment information.

Do you offer early/late pick up?

Yes, we do allow for both early and late drop off within 30 minutes of the scheduled time. We ask that you please pre-arrange with PSA prior to clinic.

What will my child do for 6 hours a day at camp?

At PSA Softball Academy, we're proud to offer our popular Softball Summer Camp, where we teach every aspect of softball. Our coaches are passionate about the game, and we specialize in teaching softball strategies and techniques. With games focused on specific softball skills and IQ development, you'll have a blast while learning the game from some of the best in the business.

Do I need to pack snacks/lunch/drinks?

In years past we have provided healthy snacks and water, however due to the increase in allergies we currently are not providing snacks and drinks

Please pack your daughter a light snack for our morning break, a lunch and water/gatorade, We highly advise leaving candy, sugary snacks and soda at home. We will send you a detailed camp list closer to our camp date.

General Questions

Do you play other games at camp besides softball?

This is a question we are asked often. We are not a gimmicky camp, we do not play pretend softball and you will not find your daughter playing softball with tennis racquets, capture the flag during a softball specific summer camp. When you pick up your child from camp and ask them what they did at camp, you will be amazed by the amount of knowledge they come home with everyday.

Is camp fun?

Experience the joy of softball this summer at PSA summer camp. Our expert coaches will guide you through drills and exercises designed to improve your skills and help you reach your full potential. And with the camaraderie of fellow softball players, you're sure to have a blast both on and off the field.

Payment Questions

How do I make a deposit?

Once you have completed the above registration, you should receive an email from Premieresoftballacademy@gmail.com which will provide you with all of the details and information necessary for camp. If it has been over a week, and you have not received an email, please reach out to us direct.

Payment Questions

Does PSA offer payment/financing options?

Yes, we do offer financing options, please contact Christie McCoy direct. We always try to make payments as easy as possible for you.

What is the payment schedule?

| Deposit | 1st Payment | Final Payment | Payment Options |
|--|---------------------------------------|--|-----------------|
| 25% due at registration Once you have registered you will receive a confirmation email and payment details. | Due May 17 (1 month prior to camp) | Final Payment is due 1 week prior to the first day of camp. Monday, June 10, 2024 | Cash Venmo |

Does PSA offer discounts?

We offer 10% discounts for the following:

- Multiple siblings attending the same camp
- Military
- Group Discounts (10 or more)



Forms

What types of forms do I need to fill out for camp?

Please visit our forms page on this website for direct links. All of our forms are digital and will be submitted to us upon completion.

SUMMER CAMP FORMS LINK

ALL FORMS MUST BE FILLED OUT BEFORE ARRIVAL AT CAMP

- REGISTRATION FORM
- PLAYER CARD
- HEALTH & EMERGENCY RELEASE
- PAYMENT REQUEST FORM
- GENERAL LIABILITY FORM
- MEDIA RELEASE FORM



Contact Information

PSA Camp Email

premieresoftballacademy@gmail.com

Phone Number

Text messages are preferred (quickest response time)
650-422-0224

Book Private Lessons

[Vagaro App](#) ([link](#)).

