



# Fundamentals Series *with the Redhawks*



## Fundamentals of Softball with the Redhawks

### Girls Ages 8-12

Spend a morning learning from Division 1 athletes! The Cape Girardeau SportsPlex will be hosting a FUNDamentals of Softball Clinic with the The Southeast Missouri State University Softball players and coaches. This clinic is open to girls ages 8-12 and is designed to teach youth more about the game of fast pitch softball. Participants will receive a t-shirt, but should bring their own gloves and shoes. Limited to 50 participants. Sign up online at [www.cityofcape.org/sportsplexcamps](http://www.cityofcape.org/sportsplexcamps). Contact Chris at 573.339.6608 or [ceastridge@cityofcape.org](mailto:ceastridge@cityofcape.org) for more information.

**January 19, 2019 | \$25/Person | 10AM - 12PM**



## Fundamentals of Volleyball with the Redhawks

### Ages 7-13

This is your chance to learn from the members of the Southeast Missouri State University volleyball team through an introductory clinic designed to teach the fundamentals of volleyball. The rules, techniques, serving, passing and other various skills will be taught. This clinic will be held at the Osage Centre, and participants will receive a t-shirt. Sign up online at [www.cityofcape.org/volleyball](http://www.cityofcape.org/volleyball). Contact Jen at 573.339.6737 or [jsrose@cityofcape.org](mailto:jsrose@cityofcape.org) for more information.

**February 24, 2019 | \$15/Person**

**Ages 7-10 12:30PM - 2PM | Ages 11-13 2PM - 3:30PM**



## Fundamentals of Soccer with the Redhawks

### Ages 5-12

Learn soccer skills from the Southeast Missouri State University Women's Soccer team! Limited to 50 participants per session. This clinic will be held at the Cape Girardeau SportsPlex. Sign up online at [www.cityofcape.org/sportsplexcamps](http://www.cityofcape.org/sportsplexcamps). Contact Heather at 573.339.6731 or [hdavis@cityofcape.org](mailto:hdavis@cityofcape.org) for more information.

**March 23, 2019 | \$25/Person**

**Ages 5-8 1PM - 3PM | Ages 9-12 3PM - 5PM**



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