



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. Contact Chris at 573.339.6608 or 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. Contact Jen at 573.339.6737 or 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. Contact Heather at 573.339.6731 or hdavis@cityofcape.org for more information.

March 23, 2019 | \$25/Person

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



**CITY of CAPE
GIRARDEAU**
PARKS & RECREATION DEPARTMENT

410 Kiwanis Drive
Cape Girardeau MO 63701
573.339.6340
parks@cityofcape.org

