



# FUNdamentals Series

with the Redhawks



## FUNdamentals of Softball with the Redhawks

Girls Ages 8-12

Spend an afternoon 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 by January 19 at [www.cityofcape.org/sportsplexcamps](http://www.cityofcape.org/sportsplexcamps). Contact Heather at 573.339.6341 or [hdavis@cityofcape.org](mailto:hdavis@cityofcape.org) for more information.

January 25, 2020 | \$25/Person | 2 p.m. - 4 p.m.

## FUNdamentals of Soccer with the Redhawks

Ages 4-10

Learn soccer skills from the Southeast Missouri State University Women's Soccer team! Limited to 50 participants per age group. This clinic will be held at the Cape Girardeau SportsPlex. Sign up online by February 2 at [www.cityofcape.org/sportsplexcamps](http://www.cityofcape.org/sportsplexcamps). Contact Heather at 573.339.6341 or [hdavis@cityofcape.org](mailto:hdavis@cityofcape.org) for more information.

February 8, 2020 | \$25/Person | Ages 4-6 1 p.m. - 3 p.m. | Ages 7-10 3 p.m. - 5 p.m.

## 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 23, 2020 | \$15/Person | Ages 11-13 12:30 p.m. - 2 p.m. | Ages 7-10 2 p.m. - 3:30 p.m.

Sponsored By:



Laurel Adkisson, Agent



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