

## Coaching Staff



As one of the most well-respected coaches in the game today, **Michigan State Head Coach Jacquie Joseph** has accumulated over 800 victories in a head coaching career that has spanned 30 years. Inducted into the National Fastpitch Coaches Association Hall of Fame in December 2016, Coach Joseph has not only shaped the scores of young athletes that have come through her program, but has shaped the collegiate game. As a well-respected clinician she has also authored two books and five videos dedicated to teaching and coaching the game.

The Michigan State Spartans Softball coaching staff invites you to improve your total game this summer in beautiful East Lansing,

Michigan. For 30 years, Head Coach Jacquie Joseph, has offered highly effective camps that are both organized and well-supervised. Spartan pride is evident in high-quality camp coaches and in providing each camper exceptional instruction with full involvement of the Spartan coaching staff. Each camp is designed to help personal improvement in the areas of skill development, strategies, and game understanding.

**Head Coach Jacquie Joseph, Assistant Coach Kaela Jackson, and Assistant Coach Ben Sorden** combine 40 years of coaching experience to create a positive climate conducive to learning and advancing in the game. These college coaches are very effective teachers and believe that enjoyment is an important part of the process for each camper as they are challenged to become their best.

## Spartan Softball Program Accolades:

- 170 Academic All-Big Ten Honorees
- 66 All-Big Ten Selections
- 23 All-Big Ten Distinguished Scholars
- 10 NFCA All-Americans
- 5 AIAW College World Series Appearances
- 4 NCAA Tournament Appearances
- 2004 Big Ten Champions
- 1976 AIAW National Champions



### Junior Spartan Camp » July 9

**Ages 6-11 • 9:30a - 4p • Check-in at 9a at Secchia & McLane Stadiums • \$125**

This camp is designed with the younger or beginning camper in mind. All positions will be covered, including pitching and catching. However, we have modified our equipment, techniques, drills, and games to make learning softball fun. Camp will consist of two sessions including a "lunch with the staff" inbetween.

\* Bring your own helmet, bat, glove, and catching gear. Campers must bring their own sack lunch. Water and Gatorade will be provided.

### Pitching & Catching Camp » July 10

**Ages 12-18 or College Freshman • 9:30a - 4p • Check-in at 9a at Secchia & McLane Stadiums • \$185**

This camp will cover all aspects of pitching and catching. Pitchers will cover everything from fundamentals to the specific mechanics of throwing all pitches. Campers will leave with a complete understanding of the position as well as several drills to continue to improve on their own. All aspects of catching will be covered. Catchers must bring their own equipment. (includes hitting)

\* Bring your own helmet, bat, glove, and catching gear. Campers must bring their own sack lunch. Water and Gatorade will be provided.

### Elite Spartan Camp » July 11

**Ages 14-18 or College Freshman • 9a - 4p • Check-in at 8:30a at Secchia & McLane Stadiums - No Walkups • \$245**

The Elite Spartan Camp is designed for the player who has a serious interest in becoming a Spartan. The Spartan coaching staff will be working with you individually to evaluate your skills. All positions will be taught including pitching, catching, and hitting. Why spend thousands of dollars traveling all over the country to be seen, when you will be guaranteed exposure at our camp! Run like a combine or ID camp, live game scrimmages will be included.

\* Bring your own helmet, bat, glove, and catching gear. Campers must bring their own sack lunch. Water and Gatorade will be provided.

### Defense, Hitting & Pitching Camp » July 12

**Ages 12-18 or College Freshman • 9:30a - 4p • Check-in at 9a at Secchia & McLane Stadiums • \$185**

The most versatile camp we offer, it's designed for the player who is at a higher level than Junior Spartan Camp, but not quite ready for the Elite Spartan Camp. All defensive positions will be covered as well as all aspects of hitting. We will cover all you need to know to become a dominate hitter in addition to a fundamentally sound defensive player.

\* Bring your own helmet, bat, glove, and catching gear. Campers must bring their own sack lunch. Water and Gatorade will be provided.

**\*For more information call the softball office at (517) 355-4752 or to register online visit [sportcamps.msu.edu](http://sportcamps.msu.edu).**

## The Softball Camp Application

Please print information below or enroll online at: [sportcamps.msu.edu](http://sportcamps.msu.edu)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent or Guardian \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

Email \_\_\_\_\_

Grade in September: \_\_\_\_\_ Age: \_\_\_\_\_

Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

### REQUIRED FOR REGISTRATION

High School Graduation Year: \_\_\_\_\_

Position Played (Choose 1):  P  C  SS/2B

Ht: \_\_\_\_\_ Wt: \_\_\_\_\_  1B/3B  OF

Men's Shirt Size:  S  M  L  XL  XXL

**Please enroll me in the following Softball Camp:**

Date	Camp	Commuter
JULY 9	Junior Spartan Camp	<input type="checkbox"/> \$125.00
JULY 10	Pitching & Catching Camp	<input type="checkbox"/> \$185.00
JULY 11	Elite Spartan Camp	<input type="checkbox"/> \$245.00
JULY 12	Defense, Hitting & Pitching Camp	<input type="checkbox"/> \$185.00

**Camp is a GO rain or shine.**

**U.S. FUNDS ONLY.  
Please make checks payable to:  
MICHIGAN STATE UNIVERSITY**

**Check one:**

Check  Mastercard  VISA  Discover  American Express

Card Number \_\_\_\_\_

3 Digit Security Code \_\_\_\_\_ Exp. \_\_\_\_\_

Amount of Check/Charge Enclosed \_\_\_\_\_

Signature \_\_\_\_\_

## Medical Treatment Authorization Form

Participant's Name \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

What Sport: **Softball**

Date of Camp: \_\_\_\_\_

Participants are automatically enrolled in MSU's accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance.

1. List any medical conditions that camp personnel should be aware of (use additional pages if necessary):

\_\_\_\_\_

\_\_\_\_\_

2. List any medications currently taking:

\_\_\_\_\_

\_\_\_\_\_

3. List any allergies:

\_\_\_\_\_

\_\_\_\_\_

**In case of emergency please contact:**

Name \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

**Insurance Information:**

Name of Medical Insurance Company \_\_\_\_\_ Insurance Company Telephone \_\_\_\_\_

Name of Insurance Policy Holder \_\_\_\_\_ Policy Holder DOB \_\_\_\_\_

Medical Insurance Policy Number \_\_\_\_\_ Medical Insurance Group # (if appl) \_\_\_\_\_

\_\_\_\_\_, as parent or legal guardian of the participant named above, authorizes MSU to seek medical and/or surgical treatment which is reasonably necessary to care for the participant. I further authorize the medical facility that treats the participant to release all information needed to complete insurance claims. I acknowledge my responsibility to pay all costs associated with the participant's medical care and authorize all insurance payments, if any, to be made directly to the medical facility.

Signature (Parent or Guardian) \_\_\_\_\_ Date \_\_\_\_\_

**Send Application, Medical Treatment Form, and signed Concussion Form on reverse with payment in full to:**

**MICHIGAN STATE UNIVERSITY  
Sports Camp Office  
535 Chestnut Rd, W239  
Spartan Way, East Lansing, MI 48824  
Fax: 517-355-6891**

## CONCUSSION DANGER SIGNS



In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body she or he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

## WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?



1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says he or she is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

## WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?



If an athlete has a concussion, his or her brain needs time to heal. While an athlete's brain is still healing, he or she is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

\_\_\_\_\_  
STUDENT-ATHLETE NAME PRINTED

\_\_\_\_\_  
STUDENT-ATHLETE NAME SIGNED

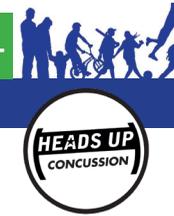
\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT OR GUARDIAN NAME PRINTED

\_\_\_\_\_  
PARENT OR GUARDIAN NAME SIGNED

\_\_\_\_\_  
DATE

## PARENT & ATHLETE CONCUSSION INFORMATION SHEET



### WHAT IS A CONCUSSION?



A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

### WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?



Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, he or she should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

### DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

### SYMPTOMS REPORTED BY ATHLETE:



- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

### SYMPTOMS OBSERVED BY COACHING STAFF:



- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

**"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON"**



\* MSU Softball players will serve as camp counselors

**JOIN THE CONVERSATION** » [www.facebook.com/cdcHeadsUp](http://www.facebook.com/cdcHeadsUp)

**TO LEARN MORE GO TO** » [www.cdc.gov/concussion](http://www.cdc.gov/concussion)

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