

Hello everyone!

Softball season is just around the corner - I can feel the excitement building!

I am running private lessons out of Baseball First. Anyone looking for a refresher before the season starts, take a look at the FLYER ATTACHED.

For those of you who may not know me, here is a little bit about my softball history...

Played with the Fighting Saints through minor softball

Played with Gold throughout Midget

Played and coached in Australia 2005-2006

Pitching coach Regina Gold '93 2008-present

Pitching instructor with Gold since 2005

Played Fusion softball last season

Played University of Regina Cougar's softball this year

As you can tell, I do focus a lot on pitching instruction. However, I also do lessons for all other aspect of softball including infield, outfield and hitting. I can do catching instruction for beginners as well.

Check out the flyer attached for more information

Feel free to email any questions!

Hope everyone is as excited as I am for the 2010 season!

Sarah MacKay