

RIL PITCHER AND CATCHER FORM

FAST PITCH SOFTBALL

Please list below the designated (4) pitchers and (2) catchers that will participate in your pre-season throwing program beginning on **Monday March 13, 2017** and concluding on **Friday, March 17, 2017**. **Please complete form and fax to the RIL office (272-9838) no later than Monday, March 6, 2017.** Failure to submit this form on time will result in losing the privilege to participate in this program. Please keep in mind the following regulations:

- **Freshman are eligible to participate in this program.**
- The intended throwing and conditioning program for that week must be approved by a certified trainer.
- Pitching and catching are the only activities permitted that week. The intent is to prepare pitchers/catchers for the spring season.

HIGH SCHOOL: _____

DATE SUBMITTED: _____

PITCHERS

NAME	GRADE
1.	
2.	
3.	
4.	

CATCHERS

NAME	GRADE
1.	
2.	

Certified Trainer: _____
Printed _____ Signature _____

Date _____
Head Coach: _____
Printed _____ Signature _____

Date _____
Athletic Director: _____
Printed _____ Signature _____

Date _____
Principal _____
Printed _____ Signature _____