

# HITTING & CATCHING CLINIC WITH LIZ LUCAS



Sportfotografie  
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## LIZ LUCAS

- Ralston Valley Graduate 2009
- Assistant Softball coach Rhodes College 2014
- Professional player and coach in Germany 2013-2016

Prior to Lucas' professional career in Germany, she had a distinguished career as a four year starter behind the plate for D1 Lehigh University (PA) out of the well respected Patriot League. Lucas, a two-time captain of the Mountain Hawks, left behind a legacy of excellence that included a team MVP Award, multiple All-Patriot League Selections, being voted a member of the D1 NFCA All-Region Team and an ECAC 1st Team Selection, as well as earning the prestigious Lehigh Senior Female Outstanding Athlete Award and Graduating with the Distinguished Achievement Award.

### SIGN UP TODAY, CLINIC SPACE IS LIMITED!

email Liz at [lizlucas@5280fitnessconsulting.com](mailto:lizlucas@5280fitnessconsulting.com)  
or by phone 720-223-6517

**Cost: \$50 for 1 clinic; \$85 for both**

**For ages 12-18**

**Clinic size is limited**

### CATCHING - 11:00AM - 1:00PM

- Catching basics
- Blocking
- Framing
- Throwing mechanics
- Pass balls

### HITTING - 1:30 - 3:30PM

- Contact point
- Bat speed
- Inside/outside pitches
- Strength drills for off season

**LOCATION:** 5280 Fitness & Sports Performance  
1020 W 124th Ave #500  
Westminster, CO 80234

