



## BASEBALL CLINIC LINEUP

| <u>PROGRAM</u>                         | <u>DATE &amp; TIMES</u>  | <u>DESCRIPTION</u>   |
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| <b>6-WEEK BASEBALL HITTING CLINIC</b>  | <b>NOV 2ND – DEC 14<sup>TH</sup><br/>(SATURDAYS)</b><br><br><b>6-8YRS - 9:00 AM</b><br><b>9-11YRS - 10:00 AM</b><br><b>12-14YRS - 11:00 AM</b>                   | <b>6-WEEK HITTING CLINIC CREATES A FUN, EDUCATIONAL, &amp; DYNAMIC ATMOSPHERE. PLAYERS WILL DEVELOP THE 6 ABSOLUTES THROUGH DRILLS, HOMEWORK, &amp; COMPETITIONS.</b>                  |
| <b>6-WEEK BASEBALL PITCHING CLINIC</b> | <b>NOV 2<sup>TH</sup> – DEC 14<sup>TH</sup><br/>(SATURDAYS)</b><br><br><b>9-11YRS - 9:00 AM</b><br><b>12-14YRS - 10:00 AM</b><br><b>(8 PLAYER MAX/AGE GROUP)</b> | <b>6-WEEK PITCHING CLINIC WILL FOCUS ON DEVELOPING PROPER PITCHING MECHANICS, ARM STRENGTH, AND ARM HEALTH. PLAYERS WILL LEARN A ROUTINE THAT WILL CARRY THEM THROUGH THEIR SEASON</b> |