



## ***PITCHING SKILLS CLINIC***

Hit and Run Baseball will be holding Pitching Skills Clinics every Monday evening starting November 13<sup>th</sup>- December 20<sup>th</sup>.

Learn the fundamentals of how to become a complete pitcher with emphasis on developing proper mechanics, mastering the mental game, fielding your position, and pitch development for each appropriate age level. Special emphasis will also be on developing a proper warm up routine and a pre-game preparation schedule. It takes a long-term commitment to become a successful pitcher and this will give you a great base for the future or to simply keep your skills sharp. Our professional Instructors will break these clinics up for players 12 and Under and a 13 and Up.

Each Monday in November & December

12 and Under: 6:00 – 7:00pm

13 and Up: 7:00 – 8:00pm

Clinic is limited to 12 players. Cost is \$25.00 per Clinic Session.

**To play like the Pro's you have to train like the Pro's!**

**Get a head start and prepare yourself for the upcoming Spring season!**