



# HIT & RUN BASEBALL

## SPRING CLINICS 2008



# PREPARING FOR NEXT LEVEL PITCHING

**- ALL AGES -**

**SATURDAY, MAY 31<sup>ST</sup>, 2008**

**Are you ready to pitch at your next level??**

Whether you are a beginning Pitcher or trying to make your All Star or High School team, this clinic will provide you new and advanced Pitching information that will make you better! You will not want to miss the information this clinic is going to provide!

Coach Mike Jackson, owner of Hit and Run Baseball and Seminole Community College Assistant Coach, will be holding Pitching Clinic's for players ages 7-16. The information is simple and easy to follow, yet missed by many parents and coaches.

This clinic is designed to cover the concepts of pitching preparation that seem to be the most overlooked or mistaught that I witness over and over. We will cover:

- Proper Warm-up & Full Body Stretching Techniques
- Specific Preparation of the Shoulder Capsule - most overlooked baseball conditioning!
- Top 5 Reasons for Arm Injuries (most are unaware of) & Prevention.
- The 5 Absolutes of Pitching Mechanics & How they are overlooked by coaches!
- Command & Velocity – What core truth behind each.
- How to Condition and Strength Train for Baseball - not Body Building!
- Pitching Strategy – Coaching and Pitching Viewpoints

All Players will receive a booklet outlining the areas of discussion to use throughout the year!

WHEN:	<b>May 31<sup>st</sup>, 2008 – Saturday</b>	
WHERE:	<b>Hit &amp; Run Baseball Facility</b>	
TIME / COST:	<b>1:00pm – 3:00pm (ages 7-16)</b>	<b>\$50.00</b>
	<b>Coaches Only Fee</b>	<b>\$40.00</b>

Do not miss this opportunity to hear what you've been missing – it doesn't matter how young or old the player is. To pitch at your Next Level, you need to train at the next level!

### REGISTRATION FORM

PLAYER NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY/ST/ZIP: \_\_\_\_\_  
 PAYMENT METHOD Visa MC AMEX Check (circle one) CC#: \_\_\_\_\_  
 Name on Credit Card: \_\_\_\_\_ Exp Date: \_\_\_\_\_ CC# on Rear: \_\_\_\_\_