

**8U-12U**



# **PITCHING CLINIC** WITH **ADAM JAHNSEN**

**MONDAY-THURSDAY**

**TWO SESSIONS:**  
8U/9U FROM 9:00 AM – 10:30 AM  
10U-12U FROM 11:00 AM-12:30 PM

**DATES OFFERED:**

|            |            |               |
|------------|------------|---------------|
| JUNE 3-6   | JUNE 24-27 | JULY 15-18    |
| JUNE 10-13 | JULY 1-4   | JULY 22-25    |
| JUNE 17-20 | JULY 8-11  | JULY 29-AUG 1 |

**ATTEND AS MANY SESSIONS AS YOU WOULD LIKE!**

**COST IS \$100 PER PLAYER PER SESSION. MAXIMUM OF 10 PLAYERS/SESSION. PRE-REGISTRATION IS REQUIRED.**

## **DISCUSSION TOPICS INCLUDE:**

- ROTATOR CUFF EXERCISES
- STRETCHING
- WARM UP ROUTINES
- PITCHING MECHANICS (WINDUP & STRETCH)
- PITCHER'S FIELDING PRACTICE
- PICKOFFS
- MENTAL GAME

**CALL GAMETIME CHESTERFIELD AT 636-519-0445 TO REGISTER TODAY!**

