

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 15-18 JULY 13-16
JUNE 29-JULY 2 JULY 27-30

ATTEND AS MANY SESSIONS AS YOU WOULD LIKE!

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

DISCUSSION TOPICS INCLUDE:

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

Back by Popular Demand!

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