

What: Baseball Coaches Clinic

When: Saturday, November 8th from 12-4pm

Description: This clinic will provide baseball coaches with information on practice drills, proper technique, and injury prevention.

12:00-12:30pm: Registration

12:30-1:10pm: Pitching Techniques with Rich Hyde (former Northern League player & coach)

1:15-1:40pm: Steve Young (Mettler Athletic Physical Therapist)

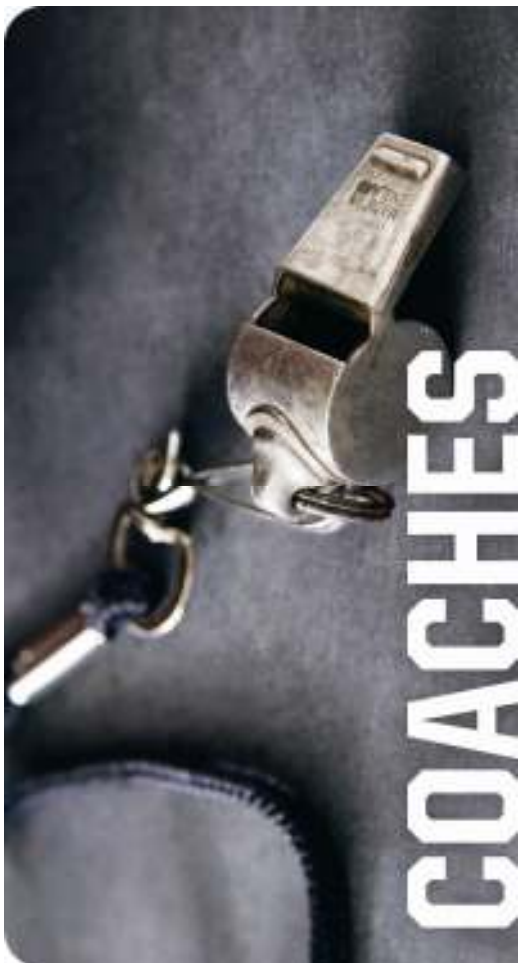
1:45-2:25pm: Infield Drills & Play with Matt Kennedy (Head baseball coach at Parkland College)

2:30-3:10pm: The Art of Catching with Darrin Fletcher (former MLB player-Dodgers, Phillies, Expos & Blue Jays)

3:15-4:00pm: Hitting Philosophy & Technique with Kevin Koslofski (former MLB player-Royals)

\$15 per person

Register at Member Services or by calling 398.9800.



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