



## 2007 Winter/Spring Clinics

Up coming Clinics starting February 18, 2008

### Hit and Run's MVP's

*Whats the old saying.. "No one stays the same. You're either doing something to get better, or you're doing something to get worse."*

At Hit and Run Baseball, our Baseball / Softball Clinics are designed for the young beginner to the high school athlete who wants to take his or her game to the next level. We offer first class instruction from Trainers and Coaches that have College and Professional baseball experience. We use proven teaching methods and the latest techniques appropriate for all age groups to teach athletes the proper fundamentals for success. We offer a maximum 6:1 player to coach ratio so each player receives the individualized attention and value that they deserve. Clinics should be selected based on the age that the player will be when playing in the up coming spring/summer season.

Sign up now as these clinics have limited spots available. Be ready to learn and work hard. Our commitment to you is to provide you with the highest caliber of instruction you need to keep you "doing something to get better"!

Sincerely,  
Hit & Run Baseball Mgmt

### Upcoming Events

- [Pitching Clinic](#)
- [Catching Clinic](#)
- [Hitting Clinic](#)
- [Speed,Agility,Quickness](#)

***Pitching Clinic***

[More Info](#) ➤

For new and experienced pitchers. The clinic will focus on developing proper mechanics for speed and control, advanced pitches and situational strategies necessary, conditioning and preparation. The small group size allows personalized instruction.

All Pitching clinics are Monday's

**Date:**

Check Website

**Time:**

Age's 12 and Under: 6:00PM-7:00PM

Age's 13 and Up: 7:00PM-8:00PM

**Clinics are 25.00 Ea session**

[RSVP for this Event NOW!](#)

***Catching Clinic***

[More Info](#) ➔

Clinic covers the 3 pillars of catching:receiving, blocking and throwing, through a series of progressive drills.Will also cover other skills based on age & ability: handling bunts, tagplays and pop-ups, pitch calling, speed & footwork drills, and mental aspects of the catching position.

All Catching clinics are Tuesday's

**Date:**

Check Websit

**Time:**

Age's 9 and Up: 6:00PM-7:00PM

**Clinics are 25.00 Ea session**

[RSVP for this Event NOW!](#)

***Hitting Clinic***

[More Info](#) ➔

Players will use numerous drills to develop good hitting mechanics for the set-up, stride, pivot, and approach with the hands and path

of the bat. As appropriate, instruction will also include situational hitting, hitting different pitches and mental aspects of hitting. Sessions include personalized instruction and live BP.

All Hitting clinics are Wednesdays

**Date:**

Check Website

**Time:**

Age's 8 to 12: 6:00PM-7:00PM

Age's 13 and Up: 7:00PM-8:00PM

**Clinics are \$25.00 Ea Session**

[RSVP for this Event NOW!](#)

***Speed,Agility,Quickness***

[More](#) ➔

Players will learn proper Running Form and techniques to increase Speed. Baseball Specific drills for Footwork, Quickness and Agility and the use of Laser- timed drill performance will be incorporated to allow the athlete to see real progress. These sessions can handle groups of 8-12 athletes.

All SAQ clinics are Thursday's

**Date:**

Check Website

**Time:**

Age's 10 and Up : 6:00PM-7:00PM

**Clinics are \$25.00 Ea Session**

[RSVP for this Event NOW!](#)