

**CK's Fall
Softball Clinics
For ages 8 - 13**



*Space is limited!
Register Now
732 - 617 - 8117*

REGISTER NOW FOR WINTER SOFTBALL CLINICS!

Pitching Clinics (8-10) will focus on:

- Developing proper mechanics of the pitching motion
- Getting great leg drive
- Building arm speed
- Becoming consistent and confident in the strike zone

Pitching Clinics (11-13) will focus on:

- Maintaining proper mechanics of the pitching motion
- Drills to gain better arm speed, leg drive, and overall strength
- Learning the basics of different breaking pitches
- Throwing a change-up
- Building confidence in yourself and your pitches

All Skills Clinics (8-10) will focus on:

- Throwing & catching fundamentals
- Fielding skills for infield & outfield
- Breaking down the softball swing
- Base running and sliding

Days and Times	Monday	Wednesday	Thursday	Saturday
8 Week Sessions \$220	Jan. 2, 9, 16, 23, 30 Feb. 6, 13, 20	Jan. 4, 11, 18, 25 Feb. 1, 8, 15, 22	Jan. 5, 12, 19, 26 Feb. 2, 9, 16, 23	Jan. 7, 14, 21, 28 Feb. 4, 11, 18, 25
4:30-5:30	Ages 8-10 (All Skills)	Ages 8-10 (All Skills)	Ages 11-13 (All Skills)	11:00-12:00 Ages 8-10 (All Skills)
5:30-6:30	Ages 11-13 (Hitting Clinic)	Ages 8-10 (Pitching Clinic)	Ages 8-10 (Pitching Clinic)	12:00-1:00 Ages 8-10 (Pitching Clinic)
6:30-7:30		Ages 12+ (Strength & Conditioning)	Ages 11-13 (Pitching Clinic)	1:00-2:00 Ages 12+ (Strength & Conditioning)

CK's Clinic Makeup Policy

You may make-up one class per clinic as long as you notify us and there is availability in another class.