

FAST PITCH SOFTBALL PITCHING CLINIC

7 week sessions • \$85

Registration begins Nov. 28 for Rec-Plex
Passholders and Dec. 3 for General Public

Want to improve your mechanics or just learn how to properly pitch the ball? Instructors emphasize basic throwing mechanics using the windmill motion including balance, proper arm path and proper follow through. Class meets indoors at SPORTS CENTER for ½ hour each week & we strictly maintain a 4 to 1 students to instructor ratio. Students are expected to provide their own catcher and bring the following equipment to each lesson: glove, and tennis shoes (no black sole shoes will be allowed). Classes are taught by Dawn (Jackson) Nemanick, Dena (Jackson) Derickson and John Jackson. Each instructor has at least 20 years of pitching experience, including having been scholarship players at NAIA universities.

Beginning Level: Skills are applied to learn how to throw the fastball and change-up pitches. Fundamental pitching mechanics are stressed and each pitcher is allowed to develop at their own pace. **Int. & Adv. Levels:** You'll continue to improve basic throwing mechanics and work on pitch location, speed and accuracy. You will also learn how to throw breaking pitches.



All Levels

33450	1/9/12	Mon	5:30 - 6:00 pm	33444	1/11/12	Wed	6:00 - 6:30 pm	33441	3/6/12	Tue	6:30 - 7:00 pm
33451	1/9/12	Mon	6:00 - 6:30 pm	33445	1/11/12	Wed	6:30 - 7:00 pm	33442	3/6/12	Tue	7:00 - 7:30 pm
33452	1/9/12	Mon	6:30 - 7:00 pm	33446	1/11/12	Wed	7:00 - 7:30 pm	33464	3/6/12	Tue	7:30 - 8:00 pm
33453	1/9/12	Mon	7:00 - 7:30 pm	33447	1/11/12	Wed	7:30 - 8:00 pm	33465	3/6/12	Tue	8:00 - 8:30 pm
33454	1/9/12	Mon	7:30 - 8:00 pm	33448	1/11/12	Wed	8:00 - 8:30 pm	33466	3/6/12	Tue	8:30 - 9:00 pm
33455	1/9/12	Mon	8:00 - 8:30 pm	33449	1/11/12	Wed	8:30 - 9:00 pm	33467	3/7/12	Wed	5:30 - 6:00 pm
33456	1/9/12	Mon	8:30 - 9:00 pm	33432	3/5/12	Mon	5:30 - 6:00 pm	33468	3/7/12	Wed	6:00 - 6:30 pm
33457	1/10/12	Tue	5:30 - 6:00 pm	33433	3/5/12	Mon	6:00 - 6:30 pm	33469	3/7/12	Wed	6:30 - 7:00 pm
33458	1/10/12	Tue	6:00 - 6:30 pm	33434	3/5/12	Mon	6:30 - 7:00 pm	33470	3/7/12	Wed	7:00 - 7:30 pm
33459	1/10/12	Tue	6:30 - 7:00 pm	33435	3/5/12	Mon	7:00 - 7:30 pm	33471	3/7/12	Wed	7:30 - 8:00 pm
33460	1/10/12	Tue	7:00 - 7:30 pm	33436	3/5/12	Mon	7:30 - 8:00 pm	3472	3/7/12	Wed	8:00 - 8:30 pm
33461	1/10/12	Tue	7:30 - 8:00 pm	33437	3/5/12	Mon	8:00 - 8:30 pm	33473	3/7/12	Wed	8:30 - 9:00 pm
33462	1/10/12	Tue	8:00 - 8:30 pm	33438	3/5/12	Mon	8:30 - 9:00 pm				
33463	1/10/12	Tue	8:30 - 9:00 pm	33439	3/6/12	Tue	5:30 - 6:00 pm				
33443	1/11/12	Wed	5:30 - 6:00 pm	33440	3/6/12	Tue	6:00 - 6:30 pm				

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