



ESM BASEBALL WINTER CLINICS 2019

- *Get a head start on the Little League and Travel Season!*

DATES

Session 1

February 9th 11AM – 1PM

February 16th 11AM - 1PM

Session 2

February 23rd 10 AM – 12PM

March 2nd 10 AM – 12PM

Grades: Open for boys in grades K-9

Clinicians: ESM Baseball Staff (Varsity Coach Jim McGowan, current varsity players).

Hitting: The basics of hitting and bunting will be covered. Hitting stations will include soft toss, live pitching, etc.

Catching: The mental and physical components of catching will be included. Aspects to be covered include framing, blocking, throwing, fielding bunts, etc.

Fielding: Basics and beyond. From catching grounders to fly balls and pop-ups. Drills for specific positions.

Where: ESM High School (HS Gym, MS Gym).

Fee: **\$40 Per Session** (Total 4 hours of instruction). Just \$20 for each week you attend. Players may attend both sessions or attend just individual days. Call for further information.

Contact Information: Jim McGowan # (631) 839-7350
coachmac32@aol.com

SEE REVERSE SIDE

Please submit as soon as possible!

NAME _____

ADDRESS _____

PHONE NUMBER _____

EMAIL ADDRESS _____

GRADE _____

SIGNING UP FOR: Session 1 _____

Session 2 _____

* A player can sign up for both sessions and/or individual dates. Call Coach McGowan, # (631) 839-7350 or email coachmac32@aol.com for details.

PAYMENT INFORMATION:

Check Enclosed _____

Will pay that day, please reserve a spot _____

- Make checks payable to: ***Sharks Baseball Club***
 - Mail reservations/payment to:
Jim McGowan
C/O ESM Baseball Clinic
30 Foreston Circle
Manorville, NY 11949
- Players can sign up & pay on day(s) of clinic

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