

*Shelbyville/Shelby
County Parks & Rec.*

Girls Fastpitch Clinic

**\$50.00 Per
Player**



When: 2 hour sessions on Sundays

*January 15th, 2012

*January 22nd, 2012

*January 29th, 2012

*February 12th, 2012

* February 19th, 2012

*February 26th, 2012

Where: Settles Gym (Old West Middle)

Clinic Session Highlights:

- Proper warm up and conditioning
 - Fielding and throwing
 - Batting techniques
 - Base running
- Pitchers and catchers (Individual)
- Understanding the rules of the game

For girls 7 years old—14years old

Girls will need to have a fielders face mask and glove. Must wear tennis shoes also.