

BCC BASEBALL
Winter Pitching Clinic – Travel and Select
January and February 2017

The eight week pitching workout is designed to promote strong, healthy and fundamentally sound pitchers. Pitchers will learn proper pitching mechanics. They will work on increasing velocity and control. Off speed pitches, pick-off moves and balks will be covered. Changing speeds and locations will be emphasized.

DATES: Eight Week Program – Thursdays – 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23

COST: \$350 PER PARTICIPANT

Session 1 Pitching – 5:30 - 6:30pm - OPEN TO PLAYERS ON THE 9U and 10U TRAVEL and SELECT Teams

Session 2 Pitching – 6:30 -7:30pm - OPEN TO PLAYERS ON THE 11U and 12U TRAVEL and SELECT Teams

Session 3 Pitching – 7:30 - 8:30pm - OPEN TO PLAYERS ON THE 13U and 14U TRAVEL and SELECT Teams

EACH SESSION IS LIMITED TO 12 Pitchers

THERE WILL BE A 6-1 PLAYER TO INSTRUCTOR RATIO.

CLINICS ARE HELD AT THE BCC BASEBALL TRAINING FACILITY, 40A SOUTHLAWN COURT, ROCKVILLE, MD

REGISTER ONLINE ON BCCBASEBALL.COM

CLICK PLAYER REGISTRATION

CHOOSE TRAVEL PITCHING CLINICS

BE SURE TO SCROLL DOWN TO CHOOSE THE CORRECT SESSION

CLINICS ARE FIRST COME, FIRST SERVED

No refunds or prorating.