

27th ANNUAL COACH'S CLINIC

PRESENTED BY: THE ORANGE COUNTY BASEBALL CAMP

COST: FREE!!!! All speakers, coaches and demonstrators donate their time!

DATES: Wednesday, January 9 Columbus Tustin Middle School Multi-Purpose Room
 Tuesday, January 15 Columbus Tustin Middle School Multi Purpose Room
 Wednesday, January 16 Columbus Tustin City Gym
 Wednesday, January 23 Columbus Tustin City Gym

TIME: 6:30 – 9:00 pm

LOCATION: Listed above for each individual date. Addresses and directions are as follows:

Columbus Tustin Middle School – Multi-Purpose Room

17952 Beneta Way, Tustin, CA 92780

From the 55 Fwy: Exit on 17th Street toward Tustin, right on Prospect, left on Beneta Way

Clinic Director: **Tim O'Donoghue:** Owner/Director of The Orange County Baseball Camp High School, Principal, Former Tustin High School Head Baseball Coach, CIF Coach of the Year 41 years of experience coaching youth baseball (Little League, Pony League, and Senior League)

Instructors:

Greg Jennings: Former High School Baseball Coach and youth coach
Kevin Lavalle: Head Baseball Coach—Beckman High School
Dr. Steve Kelly Asst. Coach—Foothill High School

Dr. Tim Franks: Sports Doctor
Charles Chatman Head Baseball Coach – Tustin High School
Stacy Parker Asst. Coach Cal Poly Pomona

| Wednesday Jan 9 CT Multi Purpose Room | Tuesday Jan. 15 CT Multi Purpose Room | Wednesday Jan. 16 CT City Gym | Wednesday, Jan. 23 CT City Gym |
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| <u>General Session</u> | <u>General Session</u> | General Session | <u>General Session</u> |
| Course Overview | Role of the Coach | Role of the Coach | Role of the Coach |
| Role of the Coach | Hitting fundamentals and drills | Practice organization | Injury prevention |
| 4 Keys to Successful Baseball | Catcher fundamentals and drills | Fun hitting games | Throwing Mechanics |
| Hitting/Bunting fundamentals mechanics | Priority System for Fly Balls | Basic defense skills | Pitching fundamentals |
| Infield and Outfield Play | | Cutoffs assignments | Rundowns |
| First and Third Defense | | Bunt Defense | *SEPARATE COACH PITCH AND TEE BALL SESSION |

For further information or questions: Tim O'Donoghue (714) 552-0430 or todonoghue@tustin.k12.ca.us