



2019 PLAZA BASEBALL TRAINING PROGRAMS

6 WEEK PITCHING CLINIC

Lead Instructor Coach Steve Freer. Current Head Modified Baseball Coach at KHS and former SUNY UCCC Head Coach and Saugerties Stallion Pitching Coach. Coach Freer attended and played at Div. 1 St. Johns University where he pitched for the then Redman. Coach Freer will introduce and implement proper skill work that will improve player's mechanics, velocity & mental approach. Strong emphasis is also put on proper warm-up & arm care in order to help young players throughout the season.

* MAXIMUM OF 10-12 PLAYERS

Cost: \$150 for Members / \$200 for Non-members

Days: **Saturday** (Jan. 19th, 26th / Feb. 2nd, 9th, 16th, 23rd)
12:15 - 1:15 (Ages 9-12)

Sunday (Jan. 20th, 27th / Feb. 3rd, 10th, 17th, 24th)
2:15-1:15 (Ages 9-12)
1:30-2:30 (Ages 13-17)

TO REGISTER:

Email Mike Groppuso at mgropjr@gmail.com

