



2009 Player / Coaches Clinic

Antioch Little League

www.AntiochLittleLeague.com

925-431-8478 or www.Twitter.com/AntiochLL

Off Season Player Development for both Baseball and Softball

Off season is the time to develop good Fundamentals!!!!

The Baseball and Softball Skills Clinic will involve teaching and learning all aspects of the game. The clinic will include offense, defense and base running. There will be discussion of proper technique, mechanics and fundamentals needed to become a well rounded player and coach. If you have any questions, contact John Roe at (925) 754-6112 or (925) 584-4068 or coachjr13@sbcglobal.net

The Clinic Dates and Times are as follows -- All clinics are at Fairgrounds Complex !!!!

Instructions By: John Roe, Coaching Coordinator, Major Manager - Antioch Little League and coaches from Antioch Little League. More Instructors added weekly.

Clinic #1: October 3rd 8:00 am -- 11:00 am -- NEW DATE

Pitching Fundamentals / Mechanics, conditioning, drills, etc...

Clinic #2: Oct 17th 8:00 am -- 11:00 am

Throwing and Fielding Fundamentals / Mechanics, drills, etc...

Clinic #3: November 21st 8:00 am --- 11:00 am

Hitting Fundamentals // Mechanics, drills, tee and soft toss,

Players -- bring your gloves and bats.

Coaches -- bring your notebooks and ideas.



Pre-Register by calling: John Roe at (925) 754-6112 or (925) 584-4068

We ask to pre-register so we can plan for stations and space. Walkups on date of clinics allowed.

Please Bring Flyer with You.

REGISTRATION INFORMATION:

PLAYERS NAME:

ADDRESS:

CITY / STATE / ZIP:

PHONE:

AGE:

PARENTS SIGNATURE:

PRINTED NAME:

DATE:

LIABILITY RELEASE:

I Agree that I acknowledge and understand the nature of Baseball and Softball activities and my child is qualified and in good health and physical condition to participate in such activities. I fully accept and assume all possible risks and responsibilities for losses, costs and damages that may insure as a result of my child participating in these activities.

I/We know that participation in baseball or softball may result in serious injuries and protective equipment does not prevent all injuries to players, and do hereby waive, release, absolve, indemnify, and agree to hold harmless the local Little League, Little League Baseball, Incorporated, the organizers, sponsors, supervisors, participants, and persons transporting my/our child to and from activities from any claim arising out of any injury to my/our child whether the result of negligence or for any other cause.