



Highland Area Baseball Association

2012 SPRING TRAINING BASEBALL & SOFTBALL CLINICS

Choose a Session & get 12 one-hour instructional lessons with an emphasis on repetitions, see box →

NEW TO THE CLINIC! Softball and baseball instruction with Dennis Czech, former Assistant Softball Coach with the two-time University of St. Thomas National Champions

Players will get group technique skills in addition to individual coaching

These clinics are designed as spring training, preparing your player for the upcoming Little League & tournament season

\$150 for one child, \$130 for a second child from the same family, or a second Session for the same child

NOTE this change from last year - Clinic held at Merriam Park Rec Center, St. Paul

Clinic run by Jerry Czech, Highland Park Little League coach and Tournament Director. Contact Jerry with questions: 612-889-3056 or kjczech@q.com

All sessions will be held on Saturday and Sunday the weekends of March 3, 10, 17, 24, 31 & April 14. Fielding taught on Saturdays and hitting on Sundays.

- Session 1 – Baseball: All skills including an introduction to pitching & catching 9:00 – 10:00am, **Ages 7 – 10**
- Session 2 – Baseball & Softball infield skills, 10:00 – 11:00am, **Ages 7 – 10**
- Session 3 – Softball Pitchers & Catchers 11:00am – 12:00 noon, **All Ages**
- Session 4 – Baseball & Softball infield skills, 12:00 – 1:00pm, **Ages 11+**
- Session 5 – Baseball Pitchers & Catchers 1:00 – 2:00pm, **Ages 11+**

Space is limited and will be filled on a first come basis. Must submit form below with payment to reserve a spot. Sign-ups accepted through Feb. 11, 2012.

HABA Sign-Up Form

Mail or drop off this portion **with** payment & your signed Waiver of Liability to **J. Czech, 1694 Hillcrest Ave., Saint Paul, MN 55116**, as soon as possible to secure a spot. If you haven't already received the Waiver of Liability form, please email Jerry at kjczech@q.com to request it. Thank you!

Player(s): _____

Age(s): _____

Session Signing Up For: Session: _____ 1 _____ 2 _____ 3 _____ 4 _____ 5

Check Amount Enclosed (unable to hold spots without payment): _____

Parent Name(s): _____

Address: _____

Parent Email(s): _____

Work or Cell Phone # : _____ Home # : _____