

chicago park district

[HORNER PARK 2741 W. Montrose 773.478.3499]



Sunday, October 12

9am-12pm ages: 10-14,

Where: Sr. Diamond #1

Check-in 9:00 am

[rain or shine the clinic goes on]

Join us at our Free Baseball Clinic and learn from the best clinicians from DePaul Academy, Lane Tech and Saint Patrick's High School. We will cover game situations and techniques in every instruction

What's the game plan:

- * **Pitching:** Technique, Balance, Different Pitches, Arm Slot and Arm Strength
- * **Hitting:** Approach, Bat Speed, Selection and Plain
- * **Running:** Footwork, Balance and Base Running
- * **Infield & Outfield:** Breaking, Reading and Balance
- * **Catchers:** Balance, Coverage, Pitch Selections and Techniques

Line-Up for the day:

- * 9 a.m. Check-in
- * 9:20 a.m. Introductions and Warm ups
- * 9:40 a.m. 1st Instructions
- * 11:40 a.m. Baseball and School question and answer session. Parents and Coaches welcome.

****BRING GLOVE, BAT, AND SPIKES/GYM SHOES [IF RAIN]****

PRE-REGISTRATION IS SUGGESTED: WWW.CHICAGOPARKDISTRICT.COM ACTIVITY CODE IS 112273

For any other information please contact Tom McManamon at 773-478-3499 or email:

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City of Chicago, Rahm Emanuel, Mayor
Chicago Park District Board of Commissioners
Chicago Park District, Michael P. Kelly, General Superintendent & CEO
For more information about your Chicago Park District,
visit www.chicagoparkdistrict.com or call
(312) 742-PLAY; (312) 747-2001 (TTY).