



Winter 2010

Updated 1/15/10

SOFTBALL CLINICS

Softball Hitting **ages 8-12**

\$160. 5 week clinic for 6 players. For new and experienced players. Focuses on developing a base of proper fundamental hitting mechanics through drills and live batting practice.

<input type="checkbox"/>	Sundays 2-3pm; Jan 17, 24, 31, Feb 7, 20; coach Gaboriault
<input type="checkbox"/>	Sundays 4-5pm Jan 31, Feb 7, 21, 28, Mar 7; coach Gaboriault
<input type="checkbox"/>	Mondays 6-7pm; Jan 18, 25, Feb 1, 8, 22; coach Grenache

Advanced Hitting **ages 12-14**

\$175. 5 week clinics for 4 players. Covers proper hitting mechanics and hitting different types of pitches, through drills and live batting practice. Personalized instruction.

<input type="checkbox"/>	Sundays 3-4pm; Jan 10, 17, 24, 31, Feb 7; coach Grenache
<input type="checkbox"/>	Mondays 7-8pm; Jan 18, 25, Feb 1, 8, 22; coach Grenache

High School Varsity Hitting

\$175. 5 week clinic for 4 players. For advanced players. Reinforces proper hitting mechanics, hitting different types of pitches, situational hitting and bunting, through drills and live batting practice. Includes personal instruction.

<input type="checkbox"/>	Sundays 4-5pm; Jan 17, 24, 31, Feb 7, 21; coach Grenache
<input type="checkbox"/>	Sundays 5-6pm; Jan 17, 24, 31, Feb 7, 21; coach Grenache
<input type="checkbox"/>	Mondays 8-9pm; Jan 18, 25, Feb 1, 8, 22; coach Grenache

Softball Catching **ages 12-14, 15-18**

\$175. 5 weeks clinic for 3 players with coach Gaboriault. For new and experienced softball catchers. Covers basic to advanced catcher skills depending on age and level, including: proper stances, blocking techniques, throwing, catchers strength exercises, pop-ups, bunts, base-stealing situations and working with pitchers. Small group size allows personalized instruction.

<input type="checkbox"/>	Ages 12-14: Sundays 3-4pm; Jan 31, Feb 7, 21, 28, Mar 7
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Pitcher Conditioning **ages 11-18**

Special Event with Harvard U Coach Jenny Allard!

Make the most of your pre-season by learning new drills to build endurance and body weight workouts to improve overall strength. One half of the clinic will be devoted to pitching 'conditioning' drills while the second half will be devoted to agility and strength building. These workouts will provide great ideas to improve your overall fitness along with shoulder, arm and wrist strength. **Limited to 8 players per group. \$60**

<input type="checkbox"/>	Ages 11-14; Saturday Jan 30th, 3-4:30; coach Jenny Allard
<input type="checkbox"/>	Ages 15-18; Saturday Jan 30th, 4:30-6; coach Jenny Allard

Softball Pitching **ages 9-12**

\$175. 5 week clinic for 4 players. For new & experienced pitchers. Covers proper mechanics of the fastball, including the 3 components of speed: wrist snap, arm circle & leg drive. Other pitches covered based on ability. The small group size allows individualized instruction. **Note: having someone catch for your pitcher is preferred, but not required.**

<input type="checkbox"/>	Saturdays 2-3pm; Jan 23, 30, Feb 6, 20, 27; coach laquinto
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Advanced Pitching **ages 11-15**

\$175. 5 week clinic for 4 players. For experienced pitchers who want to increase speed and accuracy, and improve or add other pitches including: change-up, drop and curve depending on ability. The small group size allows personal instruction. **Note: pitchers must bring someone to catch.**

<input type="checkbox"/>	Weds 5-6pm; Jan 27, Feb 3, 10, 24, Mar 3; coach laquinto
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Clinic Coaches

Jenny Allard, head coach Harvard University
 Christine Grenache, head coach Newbury College
 Janelle laquinto, pitching coach Suffolk University
 Ashley Gaboriault, asst coach Newbury College



Please indicate selections by placing a check mark in the box next to selected clinic schedule.

Register by phone (978-266-1766) or by mailing registration form and check to AtBats at the address below.

Player's name: _____ Date of birth: _____
 Street address: _____ City: _____ State: _____ Zip: _____
 Home phone#: _____ E-mail address for notifications: _____
 Parent or guardian: _____ Work# _____ Cell#: _____

I hereby certify that my child is in good health and has my permission to participate in this program. I also give my permission for my child to receive any diagnostic, therapeutic and/or operative procedures as deemed necessary if emergency treatment is required and I cannot be reached. I realize that this sport involves the potential for injury, and I acknowledge that even with the use of protective equipment and observance of the rules, injuries may still occur. I hold harmless, AtBats Training Center, including any individual, group, organization or corporation that directly or indirectly organized, sponsored, contributed, licensed or volunteered their efforts to this event, from all liabilities, damages, claims or demands whatsoever on account of any injury or accident involving the student arising out of participation in this training program.

Parent or guardian signature required: _____ Date: _____

AtBats Training Center, 233 Summer Road, Boxborough, MA 01719
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