



Spring 2010

LITTLE LEAGUE BASEBALL CLINICS

Little League Spring Training

ages 10-12 \$160. 5 week clinic for 8 players.
 Get ready for spring baseball with Coach Steve Donovan's regimen of baseball skills training & conditioning exercises! Consists of five 1.5 hour sessions. Players will work on a combination of hitting & defense skills, and strength & flexibility exercises for more effective play and injury avoidance.

Full	Saturdays 12-1:30; Feb 20, 27, Mar 6, 13, 20; Coach Donovan
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Baseball Head Start ages 5-7

\$115. 5 week clinic for 8 players. Introduces children to the fun of baseball and basic techniques of throwing, catching, fielding and hitting.

Full	Saturdays 11-noon; Feb 27, Mar 6, 13, 20, 27; Coach Donovan
Full	Thursdays 5-6pm; Feb 25, Mar 4, 11, 18, 25; Coach Donovan

Baseball Fundamentals ages 8-10

\$125. 3-week clinic for 8 players. Covers basic baseball skills for new and experienced players: throwing, catching, hitting, fielding and positional play.

Full	Sundays noon-1:30; March 14, 21, 28; Coach Donovan
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Little League Pitching ages 8-12

\$175. 5 week clinic for 4 players in our clay bullpen.
 For new and experienced pitchers. Covers proper mechanics of pitching from the full wind-up position with techniques to improve form, balance and control. Personalized instruction.

Full	Saturdays 1:30-2:30; Feb 20, 27, Mar 6, 13, 20; Coach Donovan
Full	Sundays 3-4pm; Feb 21, 28, Mar 7, 14, 21; Coach Donovan
Full	Sundays 5-6pm; Feb 28, Mar 7, 14, 21, 28; Coach Donovan
Full	Tuesdays 6-7pm; Feb 23, March 2, 9, 16, 23; Coach Donovan

Babe Ruth and High School programs on next page!

Little League Hitting ages 8-12

\$125. 4 week clinic for 6 players. The program covers proper mechanics of the set-up, stride, pivot, approach with the hands and path of the bat, through hitting drills and live batting practice. Includes personalized instruction.

Full	Saturdays 2:30-3:30; Feb 20, 27, Mar 6, 13, 20; Coach Donovan
Full	Saturdays 10-11am; March 6, 13, 20, 27, Apr 3; Coach McCarthy
	Saturdays noon-1; March 20, 27, Apr 3, 10; Coach McCarthy

Little League Defense ages 8-12

\$125. 4-week clinic for 8 players. Covers throwing, fielding and positional play for new and experienced players.

	Saturdays 1-2pm; March 20, 27, Apr 3, 10; Coach McCarthy
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Little League Catching ages 9-12

\$160. 5 week clinic for 4 players. Covers the 3 pillars of catching: receiving, blocking and throwing, through a series of progressive drills. Covers other skills based on age & ability, such as bunts, pop-ups, pitch calling, speed & footwork drills.

Full	Sundays 5-6pm; Feb 21, 28, Mar 7, 14, 21; Coach McCarthy
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Clinic Coaches

Steve Donovan, former asst coach Merrimack College
 Garrett McCarthy, JV Coach, Acton-Boxborough HS



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: _____



Boxborough, MA

Spring 2010

BABE RUTH & HIGH SCHOOL BASEBALL CLINICS

Little League clinics on other side! →

Babe Ruth Hitting ages 12-15

\$125. 4 week clinic for 6 players Hitting drills and live batting practice are used to develop good mechanics for the set-up, stride, pivot, and approach with the hands and path of the bat. Covers situational hitting, hitting different pitches and mental aspects of hitting. Includes personalized instruction.

Full	Saturdays 9-10am; March 6, 13, 20, 27, Apr 3; Coach McCarthy
	Saturdays 11-noon; March 20, 27, Apr 3, 10; Coach McCarthy
Full	Sundays 6-7pm; Feb 21, 28, Mar 7, 14, 21; Coach McCarthy
Full	Thursdays 7-8pm; Feb 25, Mar 4, 11, 18, 25; Coach McCarthy

Babe Ruth Pitching ages 12-15

\$175. 5 week clinic for 4 players in our clay bullpen with coach Steve Donovan. Focused on developing proper mechanics for speed and control, including advanced pitches and situational strategies for the Babe Ruth level.

Full	Mondays 7:30-8:30; Feb 22, Mar 1, 8, 15, 22; Coach Donovan
Full	Sundays 4-5pm; Feb 21, 28, Mar 7, 14, 21; Coach Donovan
Full	Sundays 6-7pm; Feb 28, Mar 7, 14, 21, 28; Coach Donovan

Clinic Coaches

Steve Donovan, Head Coach NE Wolfpac AAU baseball program, former pitching coach Merrimack College

Garrett McCarthy, JV Coach, Acton-Boxborough HS



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Parent or guardian signature required: _____ Date: _____