



Winter 2010

LITTLE LEAGUE BASEBALL CLINICS

New! 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.

<input type="checkbox"/>	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.

<input type="checkbox"/>	Saturdays 11-noon; Feb 27, Mar 6, 13, 20, 27; Coach Donovan
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<input type="checkbox"/>	Thursdays 5-6pm; Feb 25, Mar 4, 11, 18, 25; Coach Donovan
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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.

<input type="checkbox"/>	Sundays noon-1:30; March 14, 21, 28; Coach Donovan
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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.

<input type="checkbox"/>	Thursdays 4-5pm; Feb 25, Mar 4, 11, 18, 25; Coach McCarthy
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<input type="checkbox"/>	Sundays 5-6pm; Feb 21, 28, Mar 7, 14, 21; Coach McCarthy
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Babe Ruth and High School programs on next page!

Little League Hitting ages 8-12

\$160. 5 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.

<input type="checkbox"/>	Saturdays 2:30-3:30; Feb 20, 27, Mar 6, 13, 20; Coach Donovan
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<input type="checkbox"/>	Saturdays 10-11am; March 6, 13, 20, 27, Apr 3; Coach McCarthy
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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.

<input type="checkbox"/>	Saturdays 1:30-2:30; Feb 20, 27, Mar 6, 13, 20; Coach Donovan
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<input type="checkbox"/>	Sundays 3-4pm; Feb 21, 28, Mar 7, 14, 21; Coach Donovan
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<input type="checkbox"/>	Sundays 5-6pm; Feb 28, Mar 7, 14, 21, 28; Coach Donovan
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<input type="checkbox"/>	Tuesdays 6-7pm; Feb 23, March 2, 9, 16, 23; Coach Donovan
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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

Winter 2010

BABE RUTH & HIGH SCHOOL BASEBALL CLINICS

Little League clinics on other side! →

New! Pitcher Strength & Conditioning

Babe Ruth and High School Pitchers, ages 13-18

\$120. 4 week workout with John Kelly, professional pitcher and pitching coach. Coach Kelly's workout will help prepare Babe Ruth and high school pitchers for spring season through a regimen of resistance and flexibility exercises for legs, abdominals, arm strength and conditioning. Pitchers will learn exercises that can be used throughout the season.

<input type="checkbox"/>	Saturdays 12-1pm; Feb 27, Mar 6, 13, 20; Coach Kelly
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Babe Ruth Hitting ages 12-15

\$175. 5 week clinic for 4 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.

<input type="checkbox"/>	Saturdays 9-10am; March 6, 13, 20, 27, Apr 3; Coach McCarthy
<input type="checkbox"/>	Sundays 6-7pm; Feb 21, 28, Mar 7, 14, 21; Coach McCarthy
<input type="checkbox"/>	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.

<input type="checkbox"/>	Mondays 7:30-8:30; Feb 22, Mar 1, 8, 15, 22; Coach Donovan
<input type="checkbox"/>	Sundays 4-5pm; Feb 21, 28, Mar 7, 14, 21; Coach Donovan
<input type="checkbox"/>	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

Jeff Kane, Assistant Coach Holy Cross College

John Kelly, pitching coach, Brockton Rox

Garrett McCarthy, JV Coach, Acton-Boxborough HS



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Parent or guardian signature required: _____ Date: _____