



## FREE COACHES AND PARENTS CLINIC

The Athlete's Edge and its staff will conduct a free Coaches and Parents Clinic Wednesday January 18<sup>th</sup> at 8:00 pm at The Edge. We encourage all local coaches, along with parents, to attend in order to help prepare their teams and children for the upcoming season. The following will be covered during the clinic:

- Hitting Mechanics
- Hitting Drills
- Pitching Mechanics
- Curveballs (when and how to start)
- Long Toss Arm Strengthening Program
- Practice Organization and Time Management

If possible, please call or stop in to pre-register.

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