

PARK PANTHERS BASEBALL CLINIC

November 5th to
December 19th

Tuesday or
Thursday

7 Sessions - 2

Hours Each

\$50.00 per
player

Clinics are available for players who are between the ages of 10 and 14 years old. Players will work on hitting, pitching and fielding. Players will also work on speed and power movements to make them a better athlete, in turn making them a better player. We are taking 12 players per session. Sessions will be held at RBC, located off North Memorial.

Email Coach Glidden to SIGN UP:

timothy.glidden@rusd.org



Our Mission Statement

Fundamental Movements

Being a good baseball player means being a good athlete. For young players, learning to hit and throw has a lot more to do with learning how to become a better athlete than it does executing a series of precise "mechanics". To move well, physical strength is often overlooked. Many youth coaches seek to apply a "mechanics" fix to a problem of coordination and strength. Our player development system relies on integrated strength and skill instruction. Both are important from a young age.

Good Habits

Warm-up to throw. Spend time recovering after you train or play. Have an approach at the plate, every time. Every day kids hear these pieces of advice. And every day, they are ignored or half-heartedly executed. The impact that your warm-up and recovery have on your performance is evident. Everything is tracked. You cannot hide from yourself. And young players can learn responsibility.

Have Fun

We aren't going to skimp on the fun. A young player with Major League dreams still has to like the game when he is 17 years old. The training is designed to be fun and engaging. We don't over cue athletes—rather they learn how to move well through a series of challenges and drills specifically designed to help them intuit the flaws in their movements.