



Roy Gayle Baseball 2026 Pre-Season Baseball Pitching Clinic



Roy Gayle is pleased to offer again our Pre-Season Pitching Clinic for any Mustang & Bronco Ball players this year at Diamond #4 followed by a Pitching Skills Competition at the end of the session.

It's a great way to introduce pitching mechanics for future pitchers, or improve on your current pitching skills for another fun and exciting baseball season at Roy Gayle this summer.

This one-day camp will cover fundamental pitching mechanics from balance, arm slot, leg moment with follow through and finish towards the plate. Including introduction to pitching pick-off moves to first base, along with stretching and conditioning.

"Pitching is muscle memory with repetition."

Event Itinerary

- Cost \$40.00 - Pitching Clinic will be open to the first 26 registered ball players
- All players must have their own baseball glove, also bring your own water and a possible snack between pitching drills
- Saturday April 11th, 2026, Rain date would be Sunday April 12th, 2026
- No Refunds will be provided. Except in the event of rainouts on both scheduled dates. Than refunds will be provided by Roy Gayle only.

Mid-Morning Session:

- 10:15 - 10:30 Open Registration for anyone who did not register on line \$40.00.
- 10:30 - 10:45 Coaching Introductions
- 10:45 - 11:00 Proper Pitching stretching exercise
- 11:00 - 12:30 Introduction of proper pitching set-up and follow through position
- 12:30 - 1:00 Snack Break – Please bring your own water and snack
- 1:00 - 1:45 Now the Fun Stuff –Pitcher Skills Competition

"Throw strikes, Home plate doesn't move"

All ball players must register through R.G. web site or the Day of the event @ Field #4

QUESTIONS - Roy Gayle - Mark Kehely at 815-298-6682