



# HIT & PITCH

## Welcome 2010 Parents and Campers!

TIDEWATER HIT & PITCH WILL OFFER ALL-NEW 2-DAY & a 3-Day YOUTH

BASEBALL CLINICS IN 2010

1<sup>st</sup> Clinic July, 21 & 22, 2010

2<sup>nd</sup> Clinic Aug, 17- 19, 2010

### *Sign Up Your Child To Learn The Game's Fundamentals From Tidewater Hit & Pitch Professional Staff*

Youth baseball players can once again gain up-close and personal instruction from the pros this summer, this time with a couple of new "curveballs" thrown in.

Tidewater Hit & Pitch is offering a Two-Day Baseball Clinic & a Three-Day Clinic. The 2-Day Clinic will be held from Wednesday, July 21 & Thursday, July 22, while the Three Day Clinic is set for Tuesday, August 17<sup>th</sup> - Thursday, August 19<sup>th</sup>. Anyone ages 10-15 may sign up, and all sessions last from 9 a.m. until 1 p.m.

Sign your child up to learn the basics, or master skills including hitting, throwing, catching, fielding ground balls and fly balls, and baserunning on the same field with former major leaguers, current scouts, and from players who have reached the game's pinnacle in their careers. Young ballplayers will gain great instruction from the TWH&P Staff, but are guaranteed to also have a ton of fun. It's an experience they won't forget.

Tidewater Hit & Pitch clinics include a variety of new, fun games that will be held both at the Two-Day Clinic, and the Three-Day Clinic.

Lunch is provided on the final day of the Three-Day Clinic, and at the end of the Two-Day Clinic. A certified athletic trainer will also be on-hand, and water and Gatorade will be provided each day, although kids are welcome to bring their own Gatorade or any additional sports drink.

Campers should also bring a bat, glove, a hat, sunscreen, and their love of the game.

The cost of the Two-Day Clinic is \$125 while the Three-Day Clinic costs \$175 to attend. Admission fees are non-refundable.

RSVP to Andy Castro at (757) 619-5513 or (757) 466-1414 email- @ [hitandpitch@verizon.net](mailto:hitandpitch@verizon.net).

To sign up for the two or three day clinics contact Andy Castro at (757) 619-5513 or (757) 466-1414 email- @ [hitandpitch@verizon.net](mailto:hitandpitch@verizon.net) sign up today!

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