



# H!T&P!TCH

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## Pitching Clinics!



1hr Pitching Clinics with former Mets  
& Cuban Olympian, **Alay Soler**

**Saturday September 18<sup>th</sup> 1-2 or 2-3 pm Pitching Clinics!**

### Learn To Pitch With the Pros!

Clinics focus on the fundamentals of pitching. Instructor works on specific drills to improve the mechanics of the pitcher. Progression of drills will help strengthening you for the upcoming season. As the season approaches it is important for every pitcher to get started warming up for the season. This clinic reinforces the proper mechanics you have been practicing all winter. Let Alay make sure you go into the season with proper form for added effectiveness on the mound and reduced chance of injury. Ages: 8-15 years old 12-player limit per session!

***Clinic Cost \$35 per 1hr session per player***  
***call or email today @ 757.466.1414/hitandpitch@verizon.net***

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