



OMGAA Pre-Season Youth Clinics

Clinic Information:

- Ages 9 – 11 yrs. old – Sundays 3:00-4:30 pm @ Maple Grove High School
- Ages 12 – 13 yrs. old – Sundays 4:30-6:00 pm @ Maple Grove High School
- Each age group is limited to the first 30 signups
- 8 sessions – 90 minutes each session starting after the new year (taking super-bowl Sunday off)
- Dates of Clinics – 1/3, 1/10, 1/17, 1/24, 1/31, 2/14, 2/21, 2/28
- Cost per athlete is \$112 (\$14 per session)

Focus for all participants:

This program is to focus on the fundamentals of baseball. Each session will incorporate throwing mechanics/drills, hitting mechanics/drills and bunting. We will have one specialty station added into each session. There will be a total of 4 specialty areas focused on during the 8 weeks, incorporating each specialty area two times throughout the 8 weeks.

Specialty areas:

- Baserunning
- Cuts/Relays
- 1st and 3rd's
- Rundowns

Program Goal:

At any level of baseball the teams that play the best are teams that can execute fundamental plays consistently. We want to teach these fundamentals of baseball to young athletes and help them become more consistent players. Fundamentals are a huge portion of the game. The teams that can field, catch and throw the ball the best will win the most games.

www.accelerationmn.com

Registration Form

Name: _____ Parent Name: _____

Street Address: _____

City, State, Zip: _____ Age as of Jan 1 2010: _____

Phone: _____ Email: _____

Payment Method: **\$112 – OMGAA Youth Sunday clinics**

Check (Enclosed– **Payable to Acceleration Northwest**)

Visa #: _____ Exp: _____ CVV: _____

Mastercard # _____ Exp: _____ CVV: _____

Name on Card: _____

PLEASE MARK AGE GROUP YOU WILL ATTEND

- Ages 9-11 yrs. old (3:00 – 4:30 pm) _____
- Ages 12-13 yrs. old (4:30 – 6:00 pm) _____

PLEASE SEND PAYMENT TO:

Acceleration Northwest
2530 Xenium Lane
Plymouth, MN 55441