

CENTENNIAL LAKES LITTLE LEAGUE

2012 Winter Training Clinics: Technical instruction for players enrolled in Centennial Lakes Little League.

5 Week Defensive Clinic

9-12 yr olds

- Catcher position (2 weeks): stance, blocking, signs, fielding bunts and throwing (league will provide catcher's gear to use for clinic)
- Infielder positions (3 weeks): footwork, glove work, bunt coverage, tags, double plays

Each participant gets a **free** reaction ball!



5 Week Offensive Clinic

8-12 yr olds

- Base Running and Sliding
- Batting Fundamentals: balance, load, grip, timing and follow-through
- Bunting
- Successful Mental Approach to hitting

Player must bring own bat.



Each player gets a **free** Pro-Hitter batting aid!

\$89 per clinic. SAVE! Register for both clinics for only \$165!

Instructor: Bob Irlbeck: 14+ years of youth baseball coaching experience

Assisted by: Jacob Irlbeck: current Centennial High School and American Legion baseball player

Registration Form - *Registration is first come, first served!*

Player's First Name _____ Last Name _____

Address _____ City _____ Zip _____

Home Phone (____) _____ Cell (____) _____

Age _____ Grade _____ (Must be 8 by 4/30/12) E-mail _____

Parent Name (Please Print) _____

Parent Signature _____ Date _____

Offensive Clinic 5 Mondays: January 9, 16, 23, 30 and February 6 (check box of your preferred session time)

5-6pm or 6-7pm or 7-8pm or 8-9pm

Defensive Clinic 5 Fridays: January 13, 20, 27, February 3 and 10 (check box of your preferred session time)

5-6pm or 6-7pm or 7-8pm or 8-9pm

Program Fees: \$89.00 (or \$165 if signing up for both clinics)

Cash or check payable to Centennial Lakes Little League

No spots held without payment. No rescheduling if player misses a session. The League reserves the right to adjust or cancel sessions based on the number of registrations.

All registrants must register with Centennial Lakes Little League for the 2012 Season.

Please drop off REGISTRATION WITH PAYMENT TO: CENTENNIAL LAKES LITTLE LEAGUE, 4175 LOVELL ROAD #330, LEXINGTON, MN 55014 PHONE (763) 780-3836 FAX (763) 792-3780 EMAIL clittleleague@comcast.net

PLEASE DO NOT MAIL!!