

IMPROVED FOR 2012!!!!

HMBR's Lerner Baseball Clinic

Hopkins-Minnetonka Babe Ruth, serving the youth baseball community at the 7th-9th grade level in Hopkins School District 270, is proud to invite you to attend our annual *Winter Lerner Baseball Clinic*.

Hopkins Head Coach Neil Lerner and his High School Coaching staff will once again lead this year's clinic. Players will have the opportunity to work to improve their hitting fundamentals. The 6 automatic cages and 6 hitting tunnels, along with an adjusted format, will allow players to get many repetitions working on their swing. **This is a great opportunity for players!** Coach Lerner and his staff are excited to help you learn, improve and prepare for the upcoming season.

AGAIN THIS YEAR: Current Hopkins High School Players will be helping to lead the camps. Players will get a chance to interact and learn from the current members of the Hopkins High School Varsity Team.

INSTRUCTIONAL STAFF:

Coach Lerner played baseball at Hopkins High School and then went on to play at St. Olaf. He has been an instructor at Lunch McKenzie's Baseball USA for many years. Before becoming the Head Coach at Hopkins, Coach Lerner served as an assistant coach at Concordia University. Others will recognize Coach Lerner as a social studies teacher at Hopkins WJH.

Coach Lerner's staff includes Varsity assistants Kevin Strong and Pat Berger (Pitching), Head JV Coach Matt Mossiman and Head Sophomore Coach Jon Gallop. HMBR travel and house league coaches will also assist.

Collectively, this instructional staff represents some of the best youth baseball coaches and teachers in the state of Minnesota, and the instructional team is dedicated to raising the level of play and sportsmanship of every clinic participant. The HHS baseball teams coached by Neil Lerner were Classic Lake Conference Champions in 2006, 2007 and 2008. In 2009, the Royals won the Section 6AAA section championship, and participated in the MN State High School Baseball Tournament.

CLINIC DETAILS:

All current and potential HMBR players are invited to attend the clinic sessions which are to be held at Player's Only and the West Junior High Activity Structure.

These sessions will allow players to improve under the guidance of Coach Lerner. Join us to warm up for the new season in this informal but fun format. If you have not had the opportunity, this will give you the chance to meet Coach Lerner.

Please arrive 15 minutes early for your session.
* The player's league age is the age they will be on **May 1, 2012**.

WHAT TO BRING:

Come prepared to play baseball!!!

Wear baseball/practice apparel (**no jeans, no cut-offs, no collared shirts**) and appropriate footwear. Footwear should be clean and gym floor-friendly tennis, track or basketball shoes. Also wear athletic support and cup and bring a glove. Optional items include: bat, batting gloves, batting helmet and water bottle.

CLINIC SESSIONS 1,3,4: OFFENSIVE SKILLS

LOCATION: PLAYER'S ONLY
Visit www.playersonlyinc.com for directions

Friday Jan 27, 2012: 7:00 – 9:00 pm

Friday Feb 10, 2012: 7:00 – 9:00 pm

Friday Feb 17, 2012: 7:00 – 9:00 pm

Through drills, station work, live batting practice, time in the batting cage, as well as "batting cage games" players will have the opportunity to improve their hitting technique and to get ready for tryouts and the upcoming season.

These sessions will include work on the following:

- **Technique (grip, stance, contact point, bat path, follow through and balance)**
- **Mental Approach to hitting**
- **Situational Hitting**
- **Drills players can use to correct swing faults**
- **Bunting Technique (base hit and sacrifice bunts)**

CLINIC SESSION 2 & 5: CHALK TALK, DEFENSIVE SKILLS AND POSITION SPECIFIC TRAINING

LOCATION: WJH ACTIVITY CENTER

Saturday, February 4, 2012: 2:00 – 4:00pm
Saturday, February 25, 2012: 2:00 – 4:00pm

Players will work on the defensive fundamentals of the game at this session. Proper throwing technique, along with the fundamentals of infield and outfield play will be stressed.

These sessions will include the following:

- **Throwing technique (Grip, Form, Long Toss)**
- **Fielding all types of ground balls (Backhands, Forehands, Slow-rollers, etc.)**
- **Proper infield footwork, including turning double plays**
- **Outfield work (Catching fly balls, communication, outfield priority and hitting the cut-off man)**
- **Mental approach to fielding**

Players will also learn the "little things" to make themselves better at their specific position. Players will have the opportunity to work with two of the four areas.

*****REGISTRATION*****

****All Clinic Sessions require advance on-line registration and paid clinic fees of \$99.00.
www.hopkinsbaseball.com**

Mark all personal items clearly as the league will not be responsible for lost or stolen items.