

GYC



BASEBALL

OPEN TO ALL GYC BASEBALL PLAYERS

PITCHERS AND CATCHERS CLINIC

**LEARN THE FUNDAMENTALS OF THESE POSITIONS
PROGRESSING THROUGH 5 SEPARATE SESSIONS
IN A POSITIVE FRIENDLY ENVIRONMENT
BEGINNERS TO ADVANCED ALL ARE WELCOMED**

DATES

**FEBRUARY 6TH, 13TH, 20TH, 27TH
& MARCH 6TH**

AT THE GLENOLDEN ELEMENTARY SCHOOL CAFETERIA

**AGES 7 - 10 3PM - 4 PM
AGES 11 - 16 4PM - 5 PM**

ALL PLAYERS WHO WILL BE CATCHING ARE REQUIRED TO WEAR A PROTECTIVE CUP

WHAT TO BRING WITH YOU



**GLOVE
HAND TOWEL OR AN OLD T SHIRT
WATER BOTTLE
PERSONAL CATCHERS GEAR (IF YOU HAVE IT)
ABSOLUTELY NO CLEATS
NO SHORTS, PLEASE WEAR SWEATPANTS**

