



Bloomington Fastpitch Winter 2018-2019 Clinics

Session 1 is open for registration. Session 2 will open 12/15/18

Pitching Clinics:

2nd Year (+) Pitchers (10U-14U)

Instructor: Alex O'Conner

Session 1 (locations alternate between JAC and KAC)

12/1, 12/8, 12/22, 12/29	11am-12pm
12/15	1pm-2pm
Price	\$60 (6 sessions)

Session 2 (All at KAC5, except 2/23 is at JAC5)

1/12, 1/26, 2/2, 2/23	11am-12pm
Price	\$40 (4 sessions)

Clinics are limited to 6 pitchers. If more than 6 pitchers sign up, additional clinic time will be opened (10am-11am). That time will not be opened until the first clinic (11am-12pm) is filled. **A pitcher must commit to the full session and MUST practice one additional night during the week during open gym time. If the pitcher is not coming in one extra day during the week, they will not be allowed to participate in the next session.**

1st Year 10Us (8u's w/formal training & new 2nd year 10s/12s to pitching may sign up)

Instructor: Courtney Kopischke

Session 1 (locations alternate between JAC, KAC, OLM)

12/7, 12/14, 12/21,	6pm-7pm; 7pm-8pm
12/28, 1/4, 1/11	
Price	\$45 (6 sessions)

Session 2 (locations alternate between JAC, KAC)

1/18, 1/25, 2/1,	6pm-7pm; 7pm-8pm
2/8, 2/15 2/22	
Price	\$45 (6 sessions)

Clinics are limited to 6 pitchers. **A pitcher must commit to the full session and MUST practice one additional night during the week during open gym time. If the pitcher is not coming in one extra day during the week, they will not be allowed to participate in the next session.**

8Us / In-house / Rookies (players have had no formal instruction and must be between the ages of 7-9)

Instructor: Megan Bernard

Session 1 (locations alternate between OLM, KAC)

12/3, 12/10, 12/17	6pm-7pm; 7pm-8pm
Price	\$15 (3 sessions)

Session 2 (location is KAC5)

1/17, 1/14, 1/21,	6pm-7pm; 7pm-8pm
1/28, 2/4, 2/11	
Price	\$30 (6 sessions)

Clinics are limited to 6 pitchers. **Beginning pitchers are STRONGLY ENCOURAGED to practice on additional night for an hour during the week at open gym time. A PARENT MUST REMAIN IN THE GYM DURING THESE SESSIONS.**



Bloomington Fastpitch Winter 2018-2019 Clinics

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Catching Clinics

(10U-14U)

Instructor: Morgan Garbrecht

Session 1 (locations alternate between KAC, OLM)

7pm-8pm (Beginner) 8pm-9pm (Intermediate / Advanced)

12/12, 12/19, 12/26, 1/2, 1/9, 1/16,

Price \$45 (6 sessions)

Session 2 (All at KAC5, except 2/23 is at JAC5)

7pm-8pm (Beginner) 8pm-9pm (Intermediate / Advanced)

1/23, 1/30, 2/6, 2/18, 2/20

Price \$40 (5 sessions)

Clinics are limited to 6 catchers. ***A catcher must commit to the full session and MUST practice one additional night during the week either catching for a pitcher during her pitching clinic OR with a pitcher during open gym time. If the catcher is not coming in one extra day during the week, they will not be allowed to participate in the next session.***

OPEN GYM TIMES FOR PITCHING / CATCHING / THROWING

(Pitchers must sign up for an additional hour during these times to be allowed to sign up for session 2.

Catchers can use these clinics for their additional hour of catching time OR can catch for a pitcher during the pitchers clinic time). Locations will coincide with the pitching / catching clinic location schedule for that day.

Once pitchers/catchers have registered for a clinic they will be given the opportunity to officially sign up for the open gym times to account for the additional hour of practice time.

Mondays: 6pm-9pm (12/3, 12/10, 12/17, Mondays- 1/7-2/1) All @ KAC5

Wednesdays: 6pm-7pm (All @ OLM Gym A/B Except 12/26, 1/2, 1/9, & 1/16-held at KAC5)

Saturdays: 10am-11am (JAC5-12/1,1/5,2/23) (KAC5 12/8, 12/22,12/29,1/12,1/26,2/22)
***12/15 is 12pm-1pm @JAC5

Sundays: 8pm-9pm(12/2-1/13), 9pm-10pm (1/20- 2/17) (No Open Gym 2/3)