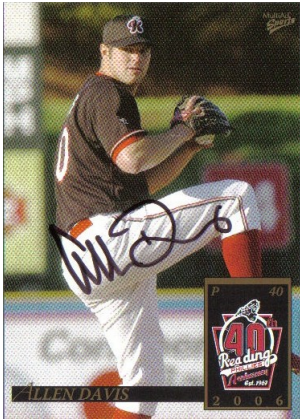


1st Annual

Pitch Like The Pros Clinic



Instructor: Allen Davis

1998-2007: Professional pitcher for the Dodgers, Expos, FW Cats, & Phillies
2004 – Present: Head Baseball Instructor at the Skill Center Batting Cages

Instructor: Nikki Davis

1994-1997 Played soccer at the University of Texas
2004 – Present: Strength, Agility, Speed, Flexibility, and Conditioning Instructor at the Skill Center Batting Cages.



Instructor: Noah Syndergaard

2010 1st Round Draft Pick by the Toronto Blue Jays
2010– Present: Professional pitcher for the Toronto Blue Jays

You will learn how the pros do it:

Details:

This clinic is open to all players ages 9 and up.
Players should bring their gloves.

Date: Saturday, December 29, 2012

Time: Saturday: 10am-2pm

Cost: \$65 (pre-registration is required)

What to expect:

Participants will go through a series of pitching specific drills and fundamentals to increase their abilities on the mound. Along with the fundamentals and drills, we will also cover the mental aspects of pitching and how to pitch effectively to the different type of hitting styles. Each pitcher will be evaluated to improve on their individual strengths and weaknesses. Pitching grips for different pitches will be covered based on age. Pitchers will be put through specific strength, speed, and agility drills in order to maximize their velocity.

- Proper mechanics
- How to increase velocity
- How to throw different pitches
- How to approach hitters
- How to prepare for the game
- Drills and exercises the pros do



Please go online to www.davisskillcenter.com and click on the title "1st Annual Pitch Like the Pros Clinic" in order to sign up.