

## Forest Lake Baseball Youth Clinics



The Forest Lake High School Baseball Coaching Staff will be holding Two Youth clinics to help prepare players for the upcoming season. The clinics will be held on March 3<sup>rd</sup> and March 4<sup>th</sup> at Forest Lake HS. The clinics will be run by the Forest Lake HS staff and its players.

**Important:** This is open to all FL players from the ages of 9 to 14. Not just traveling baseball players.

### Details: Session # 1 (March 3<sup>rd</sup>)

- Stationed based clinic with a focus on core **fundamentals** of hitting, Pitching, Fielding (IF, OF,C)
- 10U/11U runs from 12:30 – 2:45 PM. Check in starts at 12:00. Enter at Fieldhouse
- 12U, 13U, 14U runs from 3:45 – 6:00. Check in starts at 3:15. Enter at Fieldhouse
- Required – glove, tennis shoes, bat, helmet.
- Parents are welcome to stay and watch

### Details: Session # 2 (March 4<sup>th</sup>)

- Stationed based clinic with a focus on drills that will be run at **FLBA Tryouts**.
- Check in (12 – 12:30PM) Forest Lake High School. Enter at Fieldhouse
- 10U/11U runs from 12:30 – 2:45 PM. **Check in starts at 12:00**. Enter at Fieldhouse
- 12U, 13U, 14U runs from 3:45 – 6:00. **Check in starts at 3:15**. Enter at Fieldhouse
- Required – glove, tennis shoes, bat, helmet
- Parents are welcome to stay and watch

**Note:** Attendance at both clinics is encouraged to maximize reps to prepare for tryouts and upcoming season.

**Cost:** \$40 per player – per clinic. **\$70 if attending both clinics**

Deadline for registration is **Feb. 21st**. Max is 80 per session – no exceptions.

Walk ups will be taken if capacity has not been met. Walk ups will not receive a T-shirt.

**Fill out bottom form and mail to:** Tal Gravelle – 24963 Fallbrook ave.. Forest Lake, MN. 55025

- Include check made out to Forest Lake Dugout Club.
- **I will e-mail all who sign up to confirm registration. Print your e-mail address as neatly as possible**

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Check Clinic Attending Session 1 \_\_\_\_\_ Session 2 \_\_\_\_\_ Both \_\_\_\_\_

Players Name \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_

T-Shirt Size (circle one) YM - YL – AS – AM – AL – AXL ( shirts run small)

Parents Name \_\_\_\_\_

Phone # \_\_\_\_\_ E-mail address \_\_\_\_\_

\*\*\*\*\*include check made out to FL Dugout Club.

Mail to: Tal Gravelle 24963 Fallbrook ave.. Forest Lake, MN. 55025