



Hello everyone,

My name is Connor Russell, I am one of the assistant coaches with the Parksville Royals senior baseball team. I am reaching out to you all today to inform you of baseball clinics that the Parksville Royals senior team coaches will be hosting this upcoming June and July. During these unclear times we want to offer your child(s) the opportunity to continue their growth in the game of baseball.

**Ages:**

The clinics will be geared toward **Mosquito, Peewee and Bantam aged players (15U,13U,11U).**

**Times/Location:**

We will be running sessions out of **Springwood Park in Parksville, on Wednesday nights from 6:00pm-7:30pm.**

**First clinic will start on Wednesday, June 2nd @ 6:00pm. At this time we are hoping to run clinics June-July**

**Cost:** E Transfer or Cash payments are both accepted

E Transfer address: [connor.russell830@gmail.com](mailto:connor.russell830@gmail.com)

- \$40 (Drop in 1 Session)
- \$75 (2 Sessions)
- \$150 (4 sessions)

**What to bring:**

- Mask (Mandatory)
- Bat
- Helmet
- Glove
- Water Bottle
- Baseball pants



**How to register:**

Please email, text or call Connor to confirm you are attending for "drop in", or would like to sign up for multiple sessions.

Email- [connor.russell830@gmail.com](mailto:connor.russell830@gmail.com)

Phone- 250-883-0706

***Due to Covid 19, masks will be mandatory for all athletes. Social distancing practices will be put into place. Sharing equipment will not be permitted. All practice equipment used will be sanitized before and after each clinic.***

Let's Play Some Ball!!

# All Star Baseball Spring & Summer Clinics

## **Skills:**

Our focus will be to work and practice on all aspects of the game

## **Hitting:**

- Live hitting on field
- Swing breakdown and feedback
- Approach at the plate
- Tee work

## **Fielding:**

- Live reps
- Position specific practice
- Agility/footwork
- Ground Ball practice
- Flyball practice
- Catching- drills and skills

## **Throwing:**

- Throwing routines
- Long Toss
- Arm strength development
- Pitching- mechanical breakdown, velocity training, pitch types

## **Conditioning:**

- Games
- Warmup/cool down routines
- Baserunning practice



## **Frank Kaluzniak, Royals Head Coach:**

Frank begins his fifth year as Head Coach of the Premier Royals. Kaluzniak has ten years coaching experience in Nanaimo and Parksville following his college career as a pitcher for VIU. Frank has also been a coach with the Big League Experience Baseball Camp in the Okanagan. Under Frank's leadership, the Royals have two playoff appearances including a Silver medal in 2017 and second place at the 2018 provincials. Kaluzniak brings a focus and persistence to help his players transition to the next level.

## **Connor Russell, Parksville Royals Assistant Coach:**

Connor Russell begins his third year with the Royals coaching staff after coaching with the Victoria Eagles in 2018. Russell, a pitcher, played his college ball at VIU and has also played for the Victoria Harbourcats of the West Coast League and the Victoria Mavericks. In high school Russell played for the Victoria Mariners and so brings a wealth of experience with the PBL.