

# Centennial Lakes Fastpitch

10-Week skills Training For All Girls Entering 10U/ 12U/ 14U/HS

**\*\*14u/H.S. Clinic will be taught by Skip Heagle per MSHSL Rules**

10u and 12u Clinics will be taught by Centennial HS Head Varsity Coach, Rick Thomas. 14u/HS clinic will be taught by Skip Heagle. Current CHS Varsity Captains, Players, Former CHS Players and HS Coaches will also help with the clinics.

To build success, the HS and Youth must have a great relationship. This clinic is a way for the Varsity coaches to build the proper skills needed for our youth players to expand their game correctly.

Skip Heagle (*Former College and High school Coach*) and Coach Rick Thomas look to bring a lot of the same drills they run with the HS and Club Program. This program will be designed for advancement in the game of softball. Instructors will carefully look at each player's individual skill set and group them as needed, so players can get maximum benefit from each drill.



**Register On-Line:** [www.centennialakeslittleleague.org](http://www.centennialakeslittleleague.org)

**Dates:** October 29th

November 5th, 12th, & 19th

December 3rd, 10th, & 17th

January 7th, 14th, & 28th

**Time:** 4:30pm-5:45pm 10U players (20 player max)

5:45pm- 7:00pm-12U players (20 player max)

7:00pm-8:15pm-14U/HS players (20 player max)

**Cost:** \$200.00 (Includes t-shirt)

**Location:** Centennial High School West Gym

4757 North Rd. Circle Pines, MN

Please enter through "West Athletic Entrance"

For all questions please email:

[clittleleague@comcast.net](mailto:clittleleague@comcast.net)

\*Must be a Current CLFP player!!

## **About Coach Thomas**

- Awarded back to back Section 5AAAA head coach of the year.
- Only CHS coach to lead the program to back to back Section Champs/State Appearances.
- 2018 helped lead the varsity team to 26 HRs in 24 games as the hitting coach.
- National level club coach and trainer for one of the top club softball programs in all of MN

**Space is Limited, so Register Today!**