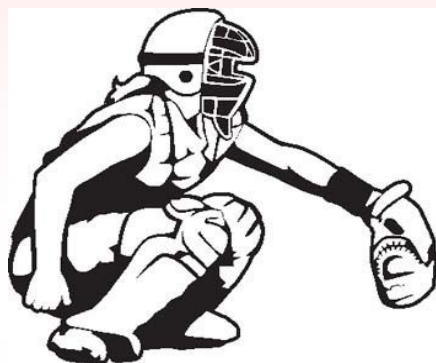


Centennial Lakes Fastpitch

Clinic for Catchers!

We Are Excited To Announce A **4-Week** Fall Catchers' Clinic That We Are Offering To All Girls Entering 10U Through 16U!

Register On-Line: www.centenniallakeslittleleague.org



This Clinic Will Focus On The Important Skills Needed To Become A Great Catcher!

Topics Covered Will Include:

Blocking, Framing, Throw-Downs, & Bunt Coverage.

Dates: November 7, 14, 21, 28

Time: *Beginner> 6:15pm-7:15pm

***Experienced> 7:15pm-8:15p

Cost: \$70.00

Location: Blue Heron Elem. Gym
405 Elm Street, Lino Lakes, MN

For all questions please email:

clittleleague@comcast.net

Max. of 6 players per session

***Beginner**= Never caught before regardless of age, caught on 10U C only, or would have played on an 8U team last Summer.

*****Experienced**= Caught on 10U B and above or a 12/14U/16U player that has at least 2 years of catching experience.

Clinic Will Be Taught By Coach Sarah Wlazlo

She Is A Former Centennial Youth Player That Caught For Two State Championship Teams!

- 4-Year Varsity Letter Winner & Former Varsity Captain At Totino Grace HS
- Played Catcher/First Baseman For MN Force Premier Girls National Traveling Fastpitch Team
- Played On The 2016 MMFL 14U Gold Elite State Champion Team For The MN Force
- Former Coach For Silver Bullets & Current Centennial Lakes Coach
- 5+ Years Of Training From Minnesota Fastpitch Academy