

RICK PAULY PITCHING CLINICS



RICK PAULY

Rick Pauly, former University of Georgia Bulldogs Pitching Coach/USC Upstate Pitching Coach & member of the 2015 USA National Team Coaching Pool will be leading our High Performance Pitching Clinic. Don't miss this opportunity to learn from one of the top coaches in the country.



SARAH PAULY

NCAA All American while at Texas A&M Corpus Christi
8 Times National Pro Fastpitch All Pro Team
2006 NPF Most Valuable Pitcher
2007 USA National Team Member

MECHANICS OF ELITE PITCHERS

Saturday, January 13th, 2024 | 9:00 AM - 12:00 PM

Fairmont Jr/Sr High School

Main gym | Sports Entrance Door #5

REGISTER NOW

Instructor: Rick Pauly

New-Intermediate Pitchers

Class Fee: \$100

Coach Pauly will be demonstrating the proper pitching mechanics that all beginning and intermediate pitchers need to know. He will teach the drills to perfect pitching mechanics that will increase your speed & improve location accuracy & demo how to throw a basic drop-ball and change-up.

Each pitcher must bring their own, fully geared catcher or parent. Clean gym shoes (no cleats). Parents and coaches welcome to stay for entire clinic and are encouraged to video tape parts or all of the clinic. Recommended for all area pitchers.

Pre-registration and payment required through Fairmont CER. Class limited to first 25 registered. Registration closes one week prior. Please arrive 30 minutes early to register & begin warm-up.

"ADVANCED MOVEMENT" PITCHING MECHANICS CLINIC

Saturday, January 13th, 2024 | 1:00 PM - 4:30 PM

Fairmont Jr/Sr High School

Main gym | Sports Entrance Door #5

REGISTER NOW

Instructor: Rick Pauly

Intermediate-Advanced Pitchers

Class Fee: \$125

Coach Pauly will focus on safe techniques required for throwing elite level movement pitches like the rise-ball, curve-ball, drop-ball and change-up. You will learn the best drills for developing the spin axis & spin rates that create elite movement & the four key fundamentals of basic pitching mechanics that enable you to perform elite level pitches. Note: this is not a beginners clinic.

Each pitcher must bring their own, fully geared catcher or parent. Clean gym shoes (no cleats). Parents and coaches welcome to stay for entire clinic and are encouraged to video tape parts or all of the clinic. Recommended for all area pitchers.

Pre-registration and payment required through Fairmont CER. Class limited to first 25 registered. Registration closes one week prior. \$25 discount for advanced pitchers doing both Saturday clinics. Please arrive 30 minutes early to register & begin warm-up.

REGISTRATION DEADLINE = JAN. 8

Registration Link:

<https://fairmont.revtrak.net/Community-Education-1002/>