



**FINISH  
STRONG®**  
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# Pro Pitching Clinic

Join the *Finish Strong* instructional staff in an exciting 1 1/2 hour pitching workout. Sessions will include complete warm up and bullpen session with instruction, including video analysis. Also, workouts will include mound drills for holding runners on base, pick-offs, pitcher's fielding practice, and will conclude with conditioning for arms and core.

Use of the whole field will allow for a one of a kind workout that is aimed to be the best complete workout for your young pitchers this winter. Only four sessions are scheduled so be sure to sign up today!

**Cost:**

\$40.00/date (\$140 for all 4 days if paid in full before first class)

<b>Age</b>	<b>Day</b>	<b>Dates</b>	<b>Time</b>
12-14 years	Tuesdays	March 2, 9, 16 & 23	6:00-7:30 pm
9-11 years	Saturdays	March 6, 13, 20 and 27	10:30 am-12:00 pm