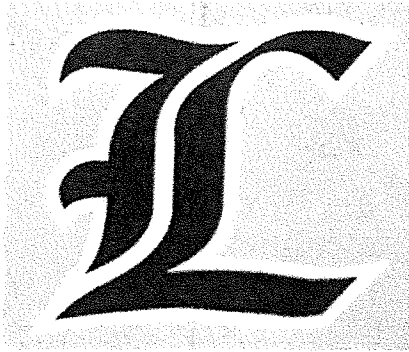


Longwood Baseball Clinic



In an attempt to further build cohesiveness within our baseball program, our Longwood Varsity Baseball coaches and players will be hosting baseball clinics during January and February. We cordially invite all players in grades 3, 4, 5, 6, 7, and 8 to attend. Our clinics will focus on building basic skills and techniques that will lead to short-term success and long-term growth. Areas of focus will be stretching, throwing, fielding, hitting, catching, and pitching. All of our clinics will be held on Sundays (see below).

Price per individual will be \$85. Please pay the first date, January 7th

Cash Accepted

If paying by check, pay to Longwood Booster Club: Baseball

****First come, first serve basis. Our max capacity will be 80 athletes****

Please email the information below in advance for registration:

Head Coach Ryan McSherry rtmcsherry@yahoo.com

Grades 3-5	Grades 6-8
Sunday, January 7 th (8 a.m.-10 a.m.) <i>Registration will be at 7:45 a.m.</i>	Sunday, January 7 th (10:00 a.m.-12:00 pm) <i>Registration will be at 9:45 a.m.</i>
Sunday, January 14 th (8 a.m.-10 a.m.)	Sunday, January 14 th (10:00 a.m.- 12:00 pm)
Sunday, January 21 st (8 a.m.-10 a.m.)	Sunday, January 21 st (10:00 a.m.- 12:00 pm)
Sunday, January 28 th (8 a.m.-10 a.m.)	Sunday, January 28 th (10:00 a.m.- 12:00 pm)
Sunday, February 4 th (8 a.m.-10 a.m.)	Sunday, February 4 th (10:00 a.m.- 12:00 pm)
Sunday, February 11 th (8 a.m.-10 a.m.)	Sunday, February 11 th (10:00 a.m.- 12:00 pm)
Sunday, February 18 th (8 a.m.-10 a.m.) Make-up date if needed	Sunday, February 18 th (10:00 a.m.- 12:00 pm) Make-up date if needed

ALL SESSIONS WILL BE HELD IN THE LONGWOOD HIGH SCHOOL GYM

Name of player _____ Grade _____ Current School _____

Name of parent or guardian _____

Emergency contact information _____