



RAWLINGS TIGERS

TIGER TECHNICAL CLINICS

SPECIFIC TRAINING ON SMALL ASPECTS OF THE GAME

The Tigers are proud to announce our newest training program, "Tigers Technical Teaching." Players will have the opportunity to focus on one detail of the game for an hour with our Tigers Coaches. The program is for 3-10 players per session, first come first served. We will not take more than 10 kids for any of these classes and if we get less than 3 registered the class will be cancelled. Each session will focus on one topic for the entire hour. To register, call Balls-n-Strikes Ballwin at 636-394-2255.

\$30 for one clinic
\$25 each for two clinics
\$20 each for three or more clinics

SESSIONS

April 4th: Pitching Topic: "Controlling the Running Game"

Instructor: David Birkby
5:00-6:00pm: 9U-11U
6:00-7:00pm: 12U-14U

April 5th: Fielding & Hitting: "Proper Fielding Position & Balance While Tracking the Ball"

Instructor: Nate Goro
5:00-6:00pm: 7U-10U
6:00-7:00pm: 11U-14U

April 6th: Hitting: "The Process to Hitting on Your Own. Be Your Own Coach"

Instructor: Spiker Helms
4:30-5:30pm: 7U-10U
6:00-7:00pm: 11U-14U

April 7th: Hitting: "Working Inside the Ball"

Instructor: Steve Hacker
4:00-5:00pm: 7U-10U
5:00-6:00pm: 11U-14U

April 12th: Strength, Speed, & Flexibility: "Importance of Mobility & Core Strength in Baseball"

Instructor: Chris Nash
4:30-5:30pm: 7U-10U
6:00-7:00pm: 11U-14U

April 13th: Hitting: "The Launch Position in the Swing"

Instructor: Spiker Helms
5:00-6:00pm: 7U-10U
6:00-7:00pm: 11U-14U

April 14th: Hitting: "Plate Coverage"

Instructor: Steve Hacker
5:00-6:00pm: 7U-10U
6:00-7:00pm: 11U-14U

April 18th: Pitching: "Pick Off Moves"

Instructor: David Birkby
5:30-6:30pm: 9U-11U
6:30-7:30pm: 12U-14U

April 19th: Hitting: "Approaches to Hitting"

Instructor: Chris Nash
5:00-6:00pm: 7U-10U
6:00-7:00pm: 11U-14U

April 20th: Fielding: "Working through the Baseball"

Instructor: Spiker Helms
5:00-6:00pm: 7U-10U
6:00-7:00pm: 11U-14U

April 20th: Catching: "Blocking"

Instructor: Curtis Smith
5:00-6:00pm: 7U-10U
6:00-7:00pm: 11U-14U

April 21st: Hitting: "Gap to Gap Hitting"

Instructor: Steve Hacker
4:00-5:00pm: 7U-10U
5:00-6:00pm: 11U-14U

April 25th: Pitching: "Pitch ability. Mixing Speeds & Chase Zone Pitches"

Instructor: David Birkby
5:30-6:30pm: 9U-11U
6:30-7:30pm: 12U-14U

April 25th: Hitting: "Opposite Field Hitting"

Instructor: Aaron Jaworowski
5:30-6:30pm: 12U-14U

April 26th: Fielding: "Defensive Player Approach, Mindset, & Awareness"

Instructor: Chris Nash
5:00-6:00pm: 7U-10U
6:00-7:00pm: 11U-14U

April 27th: Hitting: "Angle vs Momentum Swing Mechanics"

Instructor: Spiker Helms
5:00-6:00pm: 7U-10U
6:00-7:00pm: 11U-14U

April 27th: Catching: "Receiving"

Instructor: Curtis Smith
5:00-6:00pm: 7U-10U
6:00-7:00pm: 11U-14U

April 28th: Hitting: "Lower Half Balance and Control"

Instructor: Steve Hacker
5:00-6:00pm: 7U-10U
6:00-7:00pm: 11U-14U