

# North Dallas Baseball Academy

## 8-Session Pitching Clinic

Fall 2018

**Where:** Richardson HS Baseball and Football Field

**When:** Saturday mornings from 10:00 AM -Noon for 12 through 14U,

Sunday evenings from 5:00 PM – 7:00 PM for HS and College

**Starts:** Saturday, September 8<sup>th</sup> (12-14) and Sunday, September 16<sup>th</sup> (HS/College)

**This clinic is designed for serious players only, specifically players trying to get to the next level.**

### Goals:

Locating 2 Seam and 4 Seam with Movement / Mastering Change-Up Pitch and Location / Secondary Pitch Grips to Fit Player / Velocity and Kinetics / Understanding the Mental Game / Applying Drills and Mechanics / Arm Care and Recovery / Pitch sequences

### Player's Requirements:

A determination to play at the next level. A commitment to perfecting mechanics. Active involvement in a conditioning program. Strong commitment to learn. Committed to show up for each session, throw and work drills in between sessions.

### Player's Responsibility:

Training gear (provided at onset of program), water bottle, spikes and flats must be brought to each session. Players will wear issued workout clothing to each session. Players will be responsible for their own gear at all times.

### Players will receive instruction on the following:

Drills, grips, mental prep, set by set throwing mechanics, nutrition, dynamic warm-ups, band exercises, arm care, etc.

### Guest Speakers:

Throughout the duration of the clinic, guest speakers will include D1 umpires, hall of fame coaches, college coaches, recently drafted MLB players, and MLB pro agent and MLB scouts.

### Evaluation / Grading:

Players will be videotaped during their bullpen sessions and the videos will be analyzed by coaches and players. Players will be gunned and graded out. Grade sheet will become a part of the player's manual.

### Cost -**\$150.00**

- Fee includes cap, shirt, drawstring backpack and other training materials.
- Upon enrolling with NDBA for the fall throwing session, additional fall clinics and bullpen lessons will be free.
  - **All proceeds and fees will go directly to the player's gear / supplies and facility training materials.**

*Each group session will be focused on flat ground work, power toss and drills.  
May also include weighted ball training program (age-relevant). Optimizing arm care will be emphasized at all times.*

**\*Registration form on reverse side\***

If you are planning to attend the Fall 2018 pitching sessions, please contact Mike Taylor via email - [mike.taylor@etsna.com](mailto:mike.taylor@etsna.com) - as soon as you receive this form.

We need to jump on purchasing any gear ASAP to have all materials ready for the first session.

Please bring check to the first throwing session you attend.

**Check should be made out to Mike Taylor.**

**Print all information legibly**

(If something is underlined – please circle correct answer)

Player's Name \_\_\_\_\_ Email Address \_\_\_\_\_

Player's Home Address \_\_\_\_\_

Player's Cell No. \_\_\_\_\_ Age \_\_\_\_\_ School Attn. \_\_\_\_\_

Parent or Guardian Name \_\_\_\_\_ Phone \_\_\_\_\_

Email Address \_\_\_\_\_ Emergency Cell No. \_\_\_\_\_

Team you're playing for \_\_\_\_\_ Select Y / N Position/s IF / OF / C / P

Years you've played baseball \_\_\_\_\_ Select \_\_\_\_\_ Level of player Good / Fair / Average

What do you want to accomplish from the clinic \_\_\_\_\_

\_\_\_\_\_

Shirt Size \_\_\_\_\_ Cap Size \_\_\_\_\_ Short Size \_\_\_\_\_

Please include any additional information you'd like to add to this form:

\_\_\_\_\_

**I understand that this pitching clinic has no relationship or influence with any school or coaching staff of the school I attend and is my choice to participate in. No school, coach or individual instructor will be responsible for injury that could occur with any sport or training activity. In the case of an injury, the parent or guardian noted on this form, will be contacted immediately to determine the proper course of action. It is the parent's responsibility to be on time to pick up the player at the end of each session, if the parent is the mode of transportation. It is the player's responsibility to send an email within 48 hours prior to the next session, that he will not be able to attend the next scheduled session or bullpen. Failing to do so can be reason to dismiss the player from further participation.**

Player's Signature \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_