

WHAT WILL YOU LEARN?

This will be the most impactful day of your pitching career!!!!

> you will learn from one of the Elite Pitchers in the World:

riseball	dropball
change-up	curveball
screwball	

> Sarah will demo all the pitches and drills that reinforce how to perform at an Elite level

> you will learn techniques for increasing SPEED & SPIN rates

> your SPEED & 2 SPIN rates will be measured. Top performers will receive USSSA / PaulyGirl Tee Shirts

> you will learn proper body mechanics for safe and efficient pitching

> you will learn the proper method of warming up and cooling down

> there will be a question and answer session at the end of the clinic

> Sarah will be available for pictures at the end of the clinic

WHAT: HIGH LEVEL CLINIC teaching movement pitches

> Instructors: Rick & Sarah Pauly

> WHERE: Southwestern Randolph HS, Asheboro NC 27205

> WHEN: Saturday December 4

> TIME: 11:00 AM - 4:30 PM
(mid-afternoon snack provided)

> REGISTRATION: Must PRE REGISTER via check received by
Saturday November 27

Mail the registration form to **Ricky Martinez 319 Little River Rd. Seagrove NC 27341** to reserve your spot----upon receipt a confirmation email will be sent to you. **SPOTS ARE LIMITED!!!**

> COST: \$75 per pitcher. Checks payable to **KNOCKOUTS** and mailed along with registration to: Ricky Martinez
319 Little River Rd.
Seagrove NC 27341

> Questions:

> Email or call me at knockouts99@gmail.com
336-629-7357