

# 5th Annual Rick Pauly Pitching Clinics

**Rick Pauly former University of Georgia Pitching Coach, USC Upstate Pitching Coach, member of Team USA Coaching Pool will be leading our High Performance Pitching Clinic.**

**Sarah Pauly is a National Pro Fastpitch Eight Time All Pro Pitcher, ASA All American, NCAA All American and will also be coaching & demonstrating.**

## **Friday Night Classroom for Coaches and Parents**

**Friday 7:00-9:30pm**

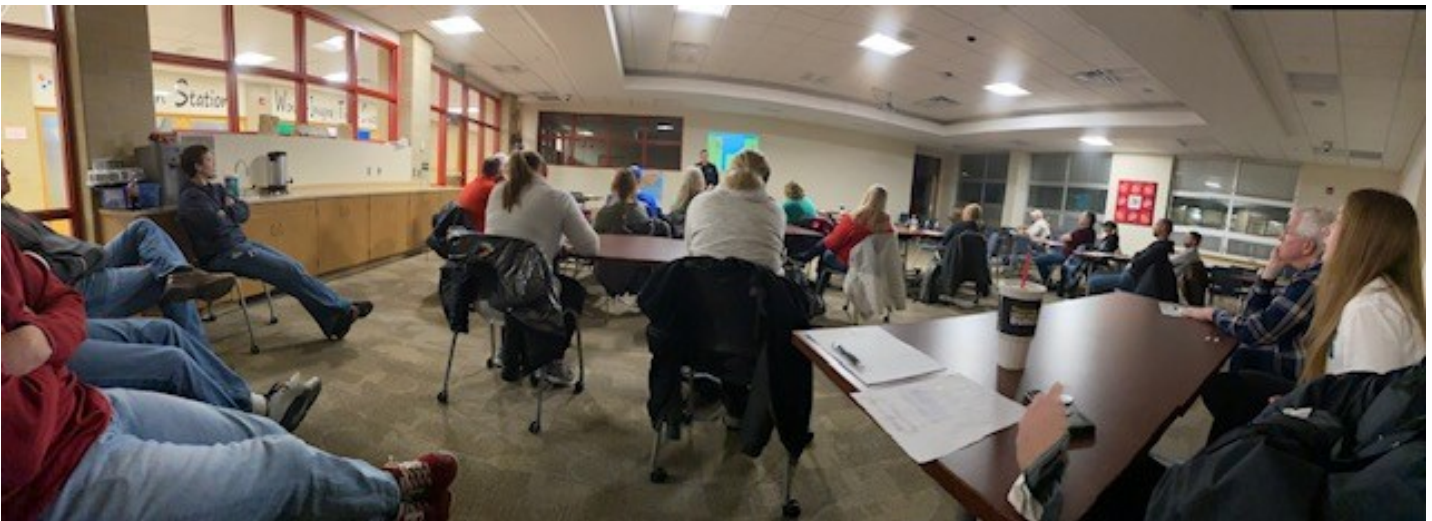
Fairmont Five Lakes Elementary School, Room 1017 (Budd Room)

(Enter thru door #1 on North side)

Bring your paper and pencil and learn from one of the best in the business. Demonstrating all the proper techniques of elite level pitchers.

Also learn about inefficient and unsafe pitching movements.

This in depth class is tailored to all parents and all coaches from grade school through high school, travel ball and college.



## Two Youth Classes Offered based on Pitchers Experience

### Mechanics of Elite Pitchers:

**Saturday Jan 23,2021, 9am—12pm** This is for New—Intermediate Pitchers, (Limited to first 25 registered) Coach Pauly will demonstrate the proper pitching mechanics that all pitchers need to know. He will teach drills to perfect mechanics and increase speed and accuracy. He will also demonstrate basic drop ball and change ups. Fee: \$100 (pre-



### Advanced Movement Pitching Mechanics Clinic

**Saturday Jan 23, 2021, 1:00—4:30 pm** Intermediate to Advanced Pitchers developing movement pitches. (this is not a beginners class) Limited to first 25.

Coach Pauly will focus on safe technics required for throwing elite level movement pitches like the rise-ball, curve-ball, drop-ball and change-up. You will learn the best drills for developing the spin axis and spin rates that create elite movement and the 4 key fundamentals of basic pitching mechanics that enable you to perform elite level pitches. Fee: \$125 (pre registration and payment required through Fairmont CER) Deadline to register is Dec 14,2020. \$25 discount if you are taking both Saturday classes.

The Saturday clinics are at Fairmont Senior High School, Main Gym. Enter through Sports Entrance door #5 on North side. Please arrive 30 minutes early to register and begin warm up.

**\*\*\* Each pitcher must bring their own fully geared catcher or parent, clean gym shoes, no cleats.**

Parents and Coaches are welcome to stay for entire class and are encouraged to video tape parts or all of the clinic.