



SOHI Baseball 2017
Tradition* Pride* Dedication

SOHI Baseball Clinic

05/30/2017 3-5 pm Soldotna Little League Field #8 (near the Sports Center)

All Little League players and coaches are invited to participate in this fun, exciting and learning opportunity. Hands on instruction with high school baseball players and coaches. Please bring your hat, glove, cleats, and dress accordingly for the weather.

\$15 registration fee payable beforehand or from 2:30-3:00 at the field. Please make checks out to SOHI Baseball.

10 Stations

- **Pitching** grip, foot-work, arm angle, and delivery
- **Base running** out of the box, through 1st base-break down, rounding 1st
- **Hitting #1 "Tee"** grip, loading, level swing, contact, follow through
- **Hitting #2** soft toss or swing away
- **Hitting #3** whiffle balls thrown at 10'
- **Sliding** work on all slides (outfield grass)
- **Throwing** mechanics of grip, closing front shoulder, follow through
- **Outfield** glove position, foot work, angles
- **Infield** glove position, foot work, angles, ready position
- **Catching** positioning, blocking, throwing

If time allows, a two inning game will be played at the end of the clinic and then root beer floats. A high school game will follow the clinic. Please call #252-5909 or Melissa_daugherty@hotmail.com to reserve your spot.

Robb Quelland
 Head Coach
 Soldotna High School Baseball

PARENTAL CONSENT

I give permission for _____ to participate in the SOHI Baseball Clinic. I understand that this involves varying degrees of physical activity. I agree to not hold SOHI Baseball Team, Soldotna High School, Kenai Borough School District or Volunteers responsible for any injuries that may occur. In the event of an emergency I give permission to seek emergency care for my child.

 Parent or Legal Guardian Date

Child's Name _____ Age _____ Baseball Level _____
 Parent Name _____ Phone Number _____
 Emergency Contact _____ Phone Number _____



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TEAM RESPONSIBILITY:

Players at the field 2:30 for set up (gray game pants with gray and blue jersey)

Players will participate at each station for about 10 minutes and then rotate to the next station/drill. SOHI will assign a group leader for each group to assist with moving to each station. SOHI players and coaches will be assigned a station and provide instruction on the drills.

Need four (4) volunteers to assist)

\$15.00 for registration

Ice Cream & Root beer, cups, spoons for sixty (60) players

Merchandise and possible concession stand being open?