



Rock-It Baseball Academy
 P.O. BOX 62295
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Web Site: www.rockitbaseball.org

“Because Baseball is for everyone
 who has the will to Play.”

Rock-It Baseball Academy

Presents

◆◆◆ *Pitching Clinics* ◆◆◆

To register, visit <http://www.rockitbaseball.org/clinics.html> or call 648-3415 for more info.

Skill Level	Total Cost	Dates and Times	Location
Beginners (ages 8-12)	\$55	See website for details.	See website.
Intermediate (ages 10-14)	\$70	See website for details.	See website.

WHO: This clinic is designed for players who want to learn to pitch (Beginner level) or improve their pitching (Intermediate level).

WHAT:

Each Clinic will include 3 1-hr sessions, spread out as necessary to allow for practicing between sessions.

Beginners: This clinic will focus on pitching mechanics and situational pitching at an age-appropriate level, focusing on 2 and 4-seam fastballs and the change-up.

Intermediate: This clinic will focus on taking existing pitchers to their next level of pitching, reinforcing the basics and developing advanced skills – introducing more off-speed pitches (based on age) and working on location, velocity, and the mental side of pitching.

Rock-It Baseball Academy: is a non-profit Corporation founded by Coach Sparky, a former Academy Little League Board member and Coach/Manager in Little League. Our Philosophy is that “Baseball is for everyone who has the will to play.” Our Mission is to “prepare kids for Baseball and Life with Rock Solid Skills.” We are dedicated to providing affordable and outstanding Baseball and Life Skills instruction to the youth of Colorado Springs through specialty clinics and baseball programs, partnering with top instructors as appropriate. We are in the business of developing and preparing players for the next level of play, especially preparing kids for Little League.