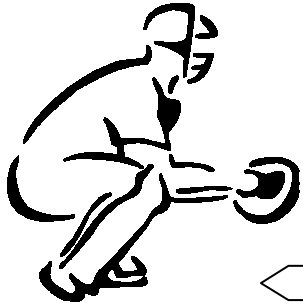


# FUNDAMENTALS OF PITCHING



- ◀ **Class is designed for the beginning pitcher**
- ◀ **Basic fundamentals of the windup and stretch will be covered**
- ◀ **Fielding the pitching position**
- ◀ **Introduction to different pitches – stressing grips and arm angles**
- ◀ **Class taught by former professional players**
- ◀ **Age appropriate drills**

## **Session I – October 7, 14, 21, 28**

**Ages 9 - 11 Thursday 6:00-6:55**

**Ages 12 – 14 Thursday 7:00-7:55**

**Cost: \$125**

## **Session II – November 4, 11, 18 and December 2**

**Ages 9 – 11 Thursday 6:00-6:55**

**Ages 12 – 14 Thursday 7:00-7:55**

**Cost: \$125**

**Forget about the Sports annual membership fee! /individuals \$10/family**

For questions or to register call 248-668-0166

Mail a check to Total Baseball

30990 Wixom Rd.

Wixom, MI 48393

Or register online at [www.totalsportscomplex.com](http://www.totalsportscomplex.com)




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### PITCHING FUNDAMENTALS CLASS

Age group: \_\_\_\_\_ Session 1: \_\_\_\_\_ Session 2: \_\_\_\_\_

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE #: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE #: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ I authorize Total Baseball to arrange for emergency medical treatment in my absence. I will assume all financial responsibility for emergency transportation and treatment. I will not hold Total Baseball Inc. or any of its employees responsible or liable for any injury that may result from participation in the Total Baseball program.