

Pitching Clinics by Rick Pauly



Rick Pauly, **former University of Georgia Bulldogs Pitching Coach/USC Upstate Pitching Coach & member of the 2015 USA National Team Coaching Pool** will be leading our High Performance Pitching Clinic. Don't miss this opportunity to learn from one of the top coaches in the country.



“Elite Pitching for Coaches and Parents”

Friday, January 11, 2019 7:00-9:30 pm

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

Please enter through door #1 on the northside

Parents, Travel Ball, High School or College Coaches interested in learning more about Elite Pitching Mechanics Rick Pauly will be leading our High Performance Pitching Clinic. Don't miss this opportunity to learn from one of the top coaches in the country. Fee: \$30 (pre-registration and payment required through Fairmont CER). **Deadline to register December 14.** *Please bring paper and pencil.* Coach Pauly will be demonstrating the proper pitching mechanics that all beginning and intermediate pitchers need to know.

1. The Fundamental Movements of elite level pitchers
2. Elimination of Inefficient/Unsafe Pitching Movements

“Mechanics of Elite Pitchers”

Saturday, January 12, 2019 9:00 am - 12:00 pm

New - Intermediate Pitchers (Limited to first 25 registered)

Coach Pauly will be demonstrating the proper pitching mechanics that all beginning and intermediate pitchers need to know. He will teach the drills to perfect pitching mechanics that will increase your speed & improve location accuracy & demo how to throw a basic drop-ball and change-up. Fee: \$100 (Pre-registration and payment required through Fairmont CER). **Deadline to register is December 14.**

“Advanced Movement” Pitching Mechanics Clinic

Saturday, January 12, 2019 1:00 pm - 4:30 pm

Intermediate to Advanced Pitchers developing movement pitches
(note: this is not a beginners clinic) **(Limited to first 25 registered)**

Coach Pauly will focus on safe techniques 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 & spin rates that create elite movement & the four key fundamentals of basic pitching mechanics that enable you to perform elite level pitches. He will teach the drills to perfect pitching mechanics that will increase your speed & improve location accuracy & demo how to throw a basic drop-ball and change-up. Fee: \$125 (Pre-registration & payment required through Fairmont CER) **Deadline to register is December 14.** \$25 discount for advanced pitchers doing both Saturday clinics.

Saturday clinics will be held at:

Fairmont Jr/Sr High School, Main gym

**Please enter through the Sports Entrance door #5 on the northside
(Please arrive 30 minutes early to register & begin warm-up)**

***Each pitcher must bring their own, fully geared catcher or parent * Clean gym shoes (no cleats) * Parents and coaches welcome to stay for entire clinic and are encouraged to video tape parts or all of the clinic * Recommended for all area pitchers**

