

# High Performance Pitching Clinic

Friday, January 26, 2018 & Saturday, January 27, 2018

**Rick Pauly**, former pitching coach for the **University of Georgia, University of South Carolina, and University of South Carolina Upstate**, as well as one of the coaches in the **2015 USA National Team Coaching Pool**, will be instructing pitchers at all levels on the mechanics of **elite level pitchers**. Coach Pauly and his daughter, Sarah, use the latest technology to study the movements that elite level pitchers perform. Sarah is an **8 time National Professional Fastpitch (NPF) All Pro, NCAA All-American, ASA All-American** and holds many pitching records in college and the NPF where she played for the **USSSA Pride** and **Akron Racers**, as well as playing in the **Japanese Pro League** and in **Europe**.

Sponsored by: Team Phoenix

Location: Rise Up Facility, 10000 Old Racetrack Road, Delmar, DE 19940



## “Elite Pitching for Coaches and Parents” Clinic

Geared towards coaches at all levels and parents of players who are interested in learning more about elite pitching mechanics. Coach Pauly will discuss and demonstrate the foundational keys to pitching, proper pitching mechanics that all pitchers need to know, fundamental movements of elite level pitchers, elimination of inefficient/unsafe pitching movements and will show videos of the very elite pitchers in the world.

**Date:** Friday, January 26, 2018

**Time:** 6:30pm - 9:00pm

**Cost:** \$25/participant or \$30/family

## “Mechanics of Elite Pitchers” for Beginner to Intermediate Pitchers

The proper pitching mechanics that all beginning and intermediate pitchers need to know will be demonstrated during this session. Drills to perfect pitching mechanics that will increase your speed and improve location accuracy will be taught. Coach Pauly will also demonstrate the basics of throwing a change-up and drop-ball.

**Date:** Saturday, January 27, 2018

**Time:** 9:00am-12:00pm

**Cost:** \$100/participant

## “Advanced Movement” Pitching Mechanics for Intermediate to Advanced Pitchers

This session is for intermediate to advanced pitchers and the focus will be on techniques for throwing elite level movement pitches like the rise-ball, curve ball, drop-ball and change-up. You will learn drills for increasing speed, decreasing speed on change-ups while using exaggerated acceleration, developing spin that creates elite movement, & the four key fundamentals of basic pitching mechanics that enable you to perform elite level pitches.

**Date:** Saturday, January 27, 2018

**Time:** 1:00pm - 4:30pm

**Cost:** \$125/participant

**We will take only a limited number of pitchers to maximize the time with Coach Pauly.**

If possible, each pitcher should bring their own catcher (teammate or parent). Youth catchers must wear full catchers gear. Catchers do not have to pay a clinic fee. Please bring cleats and sneakers.

**If you have questions please call 410-726-4364 or email [aljaysam@mchsi.com](mailto:aljaysam@mchsi.com)**

**To register**, mail the form below and your check made payable to **Team Phoenix** to:  
Team Phoenix Pitching Clinic, 36047 Country Lane, Frankford, DE 19945

### High Performance Pitching Clinic Registration

Please register by January 19, 2018

Participant Name: \_\_\_\_\_

Contact Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Clinic Attending (circle one):

Coaches/Parents Clinic (\$25/\$30)

Beginner/Intermediate (\$100)

Intermediate/Advanced (\$125)

For pitchers: Parent/Guardian Name: \_\_\_\_\_

Travel/School Team Name: \_\_\_\_\_ Age/Grad Year: \_\_\_\_\_