



# Stafford High School Baseball Spring Training Clinic



Just In Time for SBL Try-Outs

**Stafford High School Baseball Coaching Staff and Booster Club will host a Spring Training Clinic for players ages 8 – 14 and Coaches.**

**Where: Stafford High School – 33 Stafford Indian Lane – Falmouth VA 22405**

**When: Saturday 25 February 2012 – 9:00AM – 3:30PM**

**Cost: \$30 per player (includes camp T-Shirt and Lunch) if paid by 1/13/2012 (\$35 after)**

## **Camp Content for Players:**

- **Instruction, Demonstration and Participation in various drills to prepare players for the upcoming try-outs and season**
- **Teach & reinforce fundamentals of catching, throwing, hitting, pitching, catching**
- **Talk to players about what High School coaches are looking for in upcoming players**

## **Camp Content for Coaches:**

- **Discussion on how to conduct an Effective Practice, Drills and Fundamentals**
- **Fundamentals of catching, throwing, hitting, pitching, catching**
- **Discussion about what High School coaches are looking for in upcoming players**

**Clinic Staff: Professional Coaches, Staff, Stafford Varsity and Junior Varsity Players**