



---

# 2019 WINTER BASEBALL CLINICS

---

Ages 7-9 • \$45 • Every Tuesday: Jan 8 thru Feb 26 • Time: 6:00-7:30pm  
Ages 10-12 • \$45 • Every Tuesday: Jan 8 thru Feb 26 • Time: 7:30-9:00pm

- *Clinics will be administered by GRLL volunteers/coaches and Hanford High School players*
- *Focus will be on major swing components and hitting approaches (aggressiveness, balance, rhythm, hitter vision, hands/bat preparation (slot/load), path (slot) to the ball, explosive rotation/lean, and finish)*
- *New this year! All participants will receive instruction on basic throwing/pitching mechanics*

These clinics will address and teach core baseball hitting fundamentals in a way that supports an overall aggressive and focus game-day approach. Players will learn how to build confidence through hard work (drills and practice repetitions) and how to focus their hard work into relaxed and aggressive game execution!

**NEW LOCATION:** LifeQuest Fitness, 4215 Convention Pl, Pasco, WA 99301

Questions or concerns contact: Nat Roe ([njroe92@yahoo.com](mailto:njroe92@yahoo.com)) or Dan Evans ([devans99353@gmail.com](mailto:devans99353@gmail.com))

---

## REGISTRATION INFORMATION

(Register online at [www.grll.org](http://www.grll.org))

**Note:** Select Winter Baseball Clinic (2019) during registration process