

Are you looking for a

Pitching Clinic

this winter?

Well, we have one for YOU!

What skill levels?

- All skill levels are welcome
- Junior or Senior pitchers are not eligible for this clinic
- Sign up for a session that suits you the best
- Beginners are encouraged! We will teach you how to pitch.

Where?

- All sessions will be at Osseo Senior High in the East Gym
- You must provide a person to catch for you.

Who is the instructor?

- Coach Adria Carlyon
- Coach A has been teaching pitching for 10 years. She pitched collegiately at St. Cloud State University for 4 years. She has coached at Osseo Senior High for the past 5 years as both the pitching instructor and as the head JV coach.
- She has worked many pitchers from ages 9 – 19 and at all skill levels.

How do I register?

- Pick a session and send an email to ruskae@district279.org
- Upon Confirmation, send a check payable to Osseo Fastpitch to:
Coach Ruska
317 2nd Ave NW.
Osseo, MN 55369

When & Costs?

- There are 4 sessions based on skill level. You may do more than one session and may repeat skill levels where necessary.
 - Costs: Session 1 & 2 are each \$60, Sessions 3 & 4 are \$100 each

Session 1 – Beginners to Intermediate (max. 10)

Sun 11/01/2009 5:00p to 6:00p
Sun 11/08/2009 5:00p to 6:00p
Sun 12/06/2009 5:00p to 6:00p
Sun 12/13/2009 5:00p to 6:00p
Sun 12/20/2009 5:00p to 6:00p

Session 3- Beginners to Intermediate (max. 10)

Sun 01/10/2010 3:00p to 4:00p
Sun 01/17/2010 3:00p to 4:00p
Sun 01/24/2010 3:00p to 4:00p
Sun 01/31/2010 3:00p to 4:00p
Sun 02/07/2010 3:00p to 4:00p
Sun 02/14/2010 3:00p to 4:00p
Sun 02/28/2010 3:00p to 4:00p
Sun 03/07/2010 3:00p to 4:00p

Session 2 – Intermediate to Advanced (max. 10)

Sun 11/01/2009 6:00p to 7:00p
Sun 11/08/2009 6:00p to 7:00p
Sun 12/06/2009 6:00p to 7:00p
Sun 12/13/2009 6:00p to 7:00p
Sun 12/20/2009 6:00p to 7:00p

Session 4- Intermediate to Advanced (max. 10)

Sun 01/10/2010 4:00p to 5:00p
Sun 01/17/2010 4:00p to 5:00p
Sun 01/24/2010 4:00p to 5:00p
Sun 01/31/2010 4:00p to 5:00p
Sun 02/07/2010 4:00p to 5:00p
Sun 02/14/2010 4:00p to 5:00p
Sun 02/28/2010 4:00p to 5:00p
Sun 03/07/2010 4:00p to 5:00p