

LSTAA Pitching Clinic



Karen Rusanowsky will be holding a pitching clinic at the Middletown High School Turf Room on Wednesday nights from 6PM to 9PM. The cost will be \$25 per girl for 8 sessions. Some of you may remember Karen from last Spring when she held some clinics for the league. Her experience ranges from high school to College to the National level as a pitcher as well as coaching for several years at the high school and youth age groups. Sessions will begin January 30th and run each week until 3 April. There will NOT be sessions on 13 and 20 March.

Pre-registration
is required.
Please register
at
www.lstaa.org



The clinic will be for all age groups but will be separated by two time slots. Details are below. Please let us know if you are going to be joining the clinic.

6:00 – 6:30 – arrival, set up, warm up

6:30 – 7:30 – 8U and 10U pitching instruction

6:30 – 7:30 – 12U and 14U conditioning drills

7:30 – 8:30 – 12U and 14U pitching instruction

***Please remember to bring a catcher for the pitching instruction. It should not be another player receiving instruction. Also, water is a must, especially during the conditioning program. The older girls are going to learn how to condition their whole bodies to be a pitcher, not just go through the pitching techniques. Pitching involves endurance as much as strength so expect them to go home tired on Wednesday nights!

For specific questions about the clinic,
please contact Karen at 717-580-5526
or karenhassler1@gmail.com