

# High~Per Baseball

## Indoor Pitching and Hitting Clinics for 2013

**Who:** All players playing Mosquito, Pee Wee, Bantam, Midget, Junior at the community club level or in the "AA" and "AAA" programs in the **Red River Valley, Transcona, East St. Paul and Springfield areas** as well as the **Elmwood Giants teams**

**Where:** St. Gerard's School Gym (Talbot Ave. and Foster St.)

**When:** Sundays from January 6, 2013 thru April 28, 2013 (16 sessions)

**Time:** 1:00pm - 3:30pm (2.5 hour sessions; 40 hrs total)

**Fees:** \$25.00 per session or \$10.00 per hour

**Clinic Dates:** Jan 6,13,20,27  
Feb 3,10,17,24  
Mar 3,10,17,24  
Apr 7,14,21,28

**Program:** Teach proper "Pitching technique" (i.e., no sore arms)  
"Power Hitting" at the MLB level using century-old technique  
"Teach thru video" for player & coach to review  
and to  
Correct the pitching and hitting technique

### **Payment Options:**

- 1) "Pay as you go": \$25.00 per session or \$10.00 per hour (potentially \$400.00 total)
- 2) PREPAID Payment Schedules (via post-dated cheques and multiple payments)
  - a) one payment of \$260.00 payable Jan 6,2013.(35% discount or \$6.50hr)
  - b) two post dated cheques of \$140.00 each dated Jan 6 & Feb 3 (30% discount; \$280.00)
  - c) three post dated cheques of \$100.00 each - Jan 6/Feb 3/Mar 3 (25% disc; \$300.00)

### **NOTE:**

Graduating midget players trying out for the Elmwood Giants Junior AAA and AA baseball teams for the 2013 season should contact or see Al Kinley (at 204-338-9603) or Paul Lagimodière about the clinics.

### **Pre-registration:**

email: hwy59lag@shaw.ca attn: Paul Lagimodiere  
Telephone: 204-282-7289 (or leave a message)



The best in baseball,

**Paul Lagimodière**

*Coach, Elmwood Giants Junior AAA/AA and Seniors, Kildonan Mudcats*