



# FAIRPORT RED RAIDER YOUTH BASEBALL CLINIC

## SATURDAY, MARCH 24, 2018

FAIRPORT HIGH SCHOOL GYMNASIUM



The Red Raider baseball clinic is an opportunity for ALL players to receive valuable instruction on the fundamental skills of baseball while having fun with our Fairport High School players.

We will focus on the Five Tools of baseball:

Hitting for Power, Hitting for Average, Throwing, Fielding, and Speed/Agility/Conditioning.

Training stations are always position and skill-level specific so that each player gets the most out of camp.

Hosted by Head Varsity Baseball Coach **Brian Reed**  
Featuring Fairport coaching staff and side-by-side with FHS players

Session 1: Baseball Clinic (ages 6-12) 9:30am – 12:00pm	Session 2: Pitching/Catching (ages 10 & up) 1:00pm – 2:30pm	
<ul style="list-style-type: none"> <li>★ Fielding</li> <li>★ Hitting</li> <li>★ Base running</li> <li>★ Proper mechanics</li> <li>★ Hitting from a tee</li> <li>★ Strong swing mechanics</li> <li>★ Drills and Skills</li> </ul> <p><i>As always, coaches and players will make it fun!</i></p>	<p><b><u>PITCHING:</u></b></p> <ul style="list-style-type: none"> <li>★ Developing a positive competitive attitude</li> <li>★ Confidence building</li> <li>★ Focus on large body movements</li> <li>★ Developing good habits</li> <li>★ Drills for success</li> <li>★ Fast ball command (#1 priority)</li> <li>★ When to use off speed pitches?</li> </ul>	<p><b><u>CATCHING:</u></b></p> <ul style="list-style-type: none"> <li>★ Equipment – what right's for you?</li> <li>★ Proper stance and set up</li> <li>★ Receiving a pitch</li> <li>★ Blocking</li> <li>★ Fielding balls in play</li> <li>★ Throwing out runners</li> <li>★ Pop ups</li> <li>★ Working with pitchers &amp; leading the team</li> </ul>

**COST – Session 1: \$45.00 Non Refundable Donation**  
**Session 2: \$40.00 Non Refundable Donation**  
**Attend both sessions 1 and 2 for ONLY \$75 (age appropriate)**



(Check payable to **FHS Baseball Booster Club**). Registration includes a Fairport Baseball T-shirt!

**Please return form below with payment by March 10, 2018 to:**

**Mike Sabatine (6 Bellflower Circle, Fairport, NY 14450)**

**Questions? Contact Mike Sabatine at (585) 465-1116**

This event, activity, or program is not sponsored by the Fairport Central School District. Approval does not imply endorsement, but is a courtesy to the community.

### FAIRPORT RED RAIDER YOUTH BASEBALL CLINIC REGISTRATION FORM

Participant's Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_

Parent Name & Cell Phone: \_\_\_\_\_

Parent E-Mail: \_\_\_\_\_

**Please indicate which session your child will be attending:** Session 1  Session 2  Both

T-shirt size (circle one): YS YM YL YXL S M L XL

*Permission is given for my child to participate in the FHS Varsity Red Raider Baseball Clinic on Saturday March 24, 2018*

*I will not hold the Fairport Baseball Booster Club, Coaches, Instructors, or their assigns, liable for any injuries my child during participation in the Clinic.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
*(Parent or Guardian)*