



## WHAT TO BRING:

- 
- glove
  - hat
  - bat
  - cleats
  - baseball pants
  - helmet
  - sports drink
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AGES 5 - 12

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ARRIVE 15 - 30  
MINUTES EARLY TO  
FILL OUT  
REGISTRATION.

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FREE OF CHARGE!

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# Free Baseball Skills Clinic

Saturday, May 5, 2018

9:00 - 11:00 AM

### AREAS WE WILL COVER:

- swing mechanics
- base running techniques
- bunt techniques
- offensive strategies
- infielder fundamentals
- outfielder fundamentals
- agility drills
- throwing mechanics



HOSTED BY GVHS HEAD BASEBALL COACH MATT SORENSEN

## GVHS BASEBALL FIELD

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[www.gvhsbaseball.com](http://www.gvhsbaseball.com)

5/5/18 9:00 - 11:00 AM