

2011 Off-Season Clinic Series Session III

Welcome to the Woodall Training Baseball Academy Off-Season Weekly Clinic Series, 2011-2012. The players will experience a focused baseball workout, drilling into the mechanics of hitting (hitting clinics), throwing and pitching (pitching clinics) and an intense power, speed, and agility workout (SSS) program. Our goal for these clinics are to introduce each player to a new level of work ethic, beginning to advanced mechanics, and the mental approach to practice and games that will lead to long term success on the field.



One of the common themes in these and all of our clinics is that coaches can teach the fundamentals, provide a framework for practice and an environment to maximize learning baseball skills, but the players must take advantage of their opportunity to learn. This is done through consistent practice during and outside of our clinic sessions. With consistent and proper practice (on the physical and mental aspects of baseball), long term success in baseball or any other competitive undertaking (school, other sports, music, business, etc.) can be achieved. ***And most importantly we will have a fun time! If we are not having fun while we are learning, we will not be motivated to work hard and improve our game!!***

| WOODALL TRAINING BASEBALL ACADEMY PLAYER INFORMATION: OFF-SEASON WEEKLY CLINICS SESSION III | |
|--|---|
| DATES/TIMES (WAUNAKEE) | <p><u>SSS Program</u> Saturdays, 12/17, 1/7, 1/14, 1/21, 1/28, 2/4 4:00pm-5:00pm</p> <p><u>Pitching Clinics</u> (Age 7-12): Sundays, 12/18, 1/8, 1/15, 1/22, 1/29, 2/5 11am-Noon (Age 13-18): Sundays, 12/18, 1/8, 1/15, 1/22, 1/29, 2/5 2pm-3pm</p> <p><u>Hitting Clinics</u> (Age 7-12): Sundays, 12/18, 1/8, 1/15, 1/22, 1/29, 2/5 Noon-1pm (Age 13-18): Sundays, 12/18, 1/8, 1/15, 1/22, 1/29, 2/5 1pm-2pm</p> <p><u>Location:</u> Waunakee Village Center 333 South Madison St, Waunakee</p> |
| DATES/TIMES (MIDDLETON) | <p><u>Hitting Clinics:</u> (Ages 7-12) Saturdays, 12/17, 1/7, 1/14, 1/21, 1/28, 2/4 9:30am-10:30am (Ages 13-18) Saturdays, 12/17, 1/7, 1/14, 1/21, 1/28, 2/4 12:30pm-1:30pm</p> <p><u>Pitching Clinics</u> (Ages 7-12) Saturdays, 12/17, 1/7, 1/14, 1/21, 1/28, 2/4 10:30am-11:30am (Ages 13-18) Saturdays, 12/17, 1/7, 1/14, 1/21, 1/28, 2/4 11:30am-12:30pm</p> <p><u>Location:</u> 3040 Laura Lane, Suite 110 Middleton, WI</p> |

| WOODALL TRAINING BASEBALL ACADEMY PLAYER INFORMATION: OFF-SEASON WEEKLY CLINICS SESSION III | |
|--|---|
| EQUIPMENT NEEDED | For Hitting & Pitching Clinics, players should bring a glove, bat, helmet, or any other personal equipment with which they may feel comfortable. For SSS, bring bat and glove. <i>Most importantly-bring a good attitude and be ready to learn every week.</i> |
| ATTIRE | Players are encouraged to wear baseball pants, t-shirt, gym shoes, and baseball cap to the clinics. We are inside but it still may be cool in the gym. Please bring a long-sleeved shirt to keep your arm warm and protect against injury. |
| MAKE-UP SESSION POLICY | Players must make up missed clinics within the session registered at either Saturday or Sunday clinics. However, in hardship or special cases (injury, unplanned schedule conflict for 6 or more clinics, etc.), players may make up missed clinics in another session. |
| CANCELLATION POLICY | In the case of last minute clinic cancellation/reschedule (due to weather or unforeseen circumstances), we will notify everyone via email, website, and Facebook/Twitter. We will post all updates to the clinics on Facebook and Twitter . If you are active on either of these networking sites, I encourage you to “Friend” or “Follow” us to get the latest updates on Woodall Training and our programs. |
| REGISTRATION FORMS & WAIVERS REQUIRED | If you have not completed a registration form and waiver, please do so. <i>You must have a registration form (providing current emergency contact phone #) and waiver on file to participate in the clinics. If you have participated in previous clinics or leagues and have a waiver on file, it is not necessary to submit another waiver.</i> |
| COMMUNICATION | Always feel free to contact me via email or phone at any point during these clinics. We encourage parents to get involved and stay involved with our instruction and their son’s baseball progress. We would be happy to answer any questions that you may have. |
| CONTACT INFORMATION | Website: www.woodalltraining.com Facebook: http://www.facebook.com/pages/Woodall-Training-Baseball-Academy Twitter: http://twitter.com/#!/woodalltraining Email: brad@woodalltraining.com Phone: 608-213-6261 |