

Advanced Skills and Strategies Baseball Clinics

for the High School Player
with Former Major League Player Brad Woodall



High School Baseball Players (ages 14 and up)!! Learn from a Pro...Play like a Pro

Learn the fundamentals and mental approach to the game from a former major leaguer. This clinic is conducted by **Brad Woodall**, former pitcher for the '95 World Series Champion Atlanta Braves, Milwaukee Brewers, and Chicago Cubs.

Clinic is designed specifically for the High School Player:

Covering advanced technique, practice strategies and mental preparation for success at the High School level. Brad will train players on the most effective fundamentals and mental strategies used by today's major leaguers.

Sample topics include:

- *Keys to Keeping Hands Inside the Ball
- *The Importance of Weight Transfer
- *Situational Hitting and How to Execute to Win Games
- *Proper Batting Practice Approach
- *Using Visualization for Success on the Field
- *Reading Pitcher/Hitter Tendencies
- *What Winning Players Do to Win Games
- *Knowing and Playing to Your Strengths as a Player
- *Many topics on Throwing Technique and Pitching Strategy

Brad's utilizes a unique instructional approach which includes using real examples of major league players, and motivating young players to practice and play better. He uses motivation, inspiration, and a positive teaching approach to get the most out of every participant.

Clinic Includes:

- ✓ Fundamentals of Hitting, Throwing, Pitching
- ✓ Motivational & Mental Training session with examples from direct experience with baseball's best players
- ✓ Strength training and conditioning program advice

* Complete registration and waiver forms and send payment to:
Brad Woodall c/o Woodall Training
3539 John Muir Drive
Middleton, WI 53562

*For information, feel free to contact Brad at Woodall Training



Brad Woodall in the Major Leagues with Milwaukee Brewers

Clinic Dates: March 7, 14, 21

Position Player Clinics

Sunday, March 7; 12-2 pm; Verona (Fit Club in Verona); or...

Sunday, March 14; 12-2 pm; Waunakee Village Center

Pitcher's Clinic

Sunday, March 21; 12-2 pm; Waunakee Village Center

*Advanced Technique and Mental Strategies to win more games!!

Cost: \$40 per player per clinic

Registration: Registration and waiver form attached (also found at www.woodalltraining.com . Email to pre-register and send registration forms/payment to complete registration

Deadline: Register by March 1, 2010 to receive T-Shirt

More info: www.woodalltraining.com for up to date clinic information and other Woodall Training programs

BRAD WOODALL

Five-year Major League Player

- World Series Champion Atlanta Braves '94-'96
- Milwaukee Brewers 1998
- Chicago Cubs 1999



Professional Coach

- Tampa Bay Rays Minor League Pitching Coach 2001-2003

Author of *A Parents Guide to Pitching*

TV Commentator for Division III College World Series & WI High School Baseball Championships

WOODALL TRAINING- BASEBALL INSTRUCTION

- Individual Instruction
- Player Camps and Clinics
- Team Clinics
- Coaches Clinics
- Seminars and speaking engagements



Go to www.woodalltraining.com to learn more and join our mailing list.

Learn how the pros play and approach the game with Brad Woodall and Woodall Training

"I was never a big kid so I had to work very hard at the fundamentals and mental preparation to have success on the field. Throughout my career, I had to find a way to compete against more talented players. My goal is to teach young athletes the keys to success that I learned in my ascent from an undrafted minor leaguer to the major leagues, and through a lifelong study of the best baseball players and coaches in the world." --Brad Woodall

Woodall Training, LLC

www.woodalltraining.com

woodallbaseballinstruction@gmail.com

608-213-6261

Woodall Training

Advanced Skills and Strategies Baseball Clinics

Registration Form

Thank you for registering for Woodall Training Advanced Skills and Strategies Baseball Clinic. I am looking forward to conducting the clinic. Please complete the following information, and send this form with a check for the camp fee (check payable to Woodall Training, LLC) and waiver form (attached) to:

Woodall Training
3539 John Muir Drive
Middleton, WI 53562



Thank you and see you soon. If you have any questions, please feel free to email woodallbaseballinstruction@gmail.com or call 608-213-6261

Registration Information

Name of Player: _____

Parent/Guardian Name(s): _____

Email Address: _____

Address: Street _____

City/State/Zip _____

Phone: H: _____ C: _____

Date of Birth (MM/DD/YYYY): ___/___/_____ Age: _____

T-Shirt Size (Specify Youth or Adult) _____

Clinic Fee: \$40 per player/clinic; Check payable to Woodall Training, LLC

Clinic Date: March 7, 2010 12-2 pm Verona (Fit Club in Verona)

Check One- March 14, 2010 12-2 pm Waunakee Village Center

March 21- Pitching Clinic 12-2 pm Waunakee Village Center

How did you hear about Woodall Training and this clinic?

Signature (Parent if Player is below 18 years of age): _____

THIS FORM WAIVES LEGAL RIGHTS AGAINST WOODALL TRAINING, LLC

I agree to waive any right to recover damages from Woodall Training, LLC, including its employees, for any harm or injuries suffered as a result of their negligent acts. In other words, I agree to release Woodall Training, LLC, including its employees, for their negligent acts, even if those negligent acts cause me (or my child) a physical injury or economic harm. I am giving up the right to sue Woodall Training, LLC, its owners and employees, for harm caused to me (or my child) as a result of their negligent acts.

This waiver does not release Woodall Training, LLC, or its employees, from liability for injuries resulting from any intentional acts.

I understand that serious injuries may occur when swimming, baseball, or any other athletic activity performed with Woodall Training, including but not limited to: hitting head on the pool bottom, being hit by a thrown or batted ball, bat, or other moving object, heart attack, paralysis, and drowning.

I understand that if I do not agree with the terms of the release stated above, I may attempt to negotiate my own terms by discussing this with the owner or instructor from Woodall Training instead of signing this form.

By signing below, I agree to the terms of this waiver and release:

Signature of user (or Parent or Guardian if user is under 18 years of age)

Print Name

Date

I hereby grant permission to Woodall Training, LLC, and its affiliates to interview, photograph and/or videotape me, or my minor child, to use information from the aforementioned interview and/or the aforementioned images in educational videos, advertising and/or promotional material without compensation.