



5 Week Softball Pitching Clinics

Register Today for One of the 5-Week Softball Pitching Clinics.

Boost Baseball is now offering 5 Week Softball Fast Pitch Pitching Clinics that will focus on the fundamentals of pitching. Choose from Introduction, Advanced, and High School. In addition to the physical aspects, we will begin to educate participants on the mentality needed to be a successful pitcher at any level.



IMPROVE THE FOLLOWING AREAS OF YOUR GAME

- Efficient Mechanics
- Foot Placement
- Release Point
- Grips - from Beginning to Advanced
- Leg Drive
- Self Critique & Visualization
- Pitch Selection
- Arm Strength
- Velocity
- Movement
- Arm Health
- Attitude

Each class will meet once a week for 60 minutes and focus on the physical and mental side of pitching.

DAYS and TIMES:

Introduction, Monday 6pm - 7pm
Advanced, Monday 7pm - 8pm
High School, Monday 8pm - 9pm

Clinics start the week of November 21st.
Limited Class size, only 5 athletes per group.

Non-members \$119 / members \$99

**Hurry! Space is limited. Reserve your spot today.
Call us at (978) 763 - 3066**

www.boostbaseball.com