

 *The Official Coaching Clinic of Little League District 15 of Pennsylvania.
Make this clinic a requirement for your league!* 

A winning tradition is built on fundamentals and the development of players. The 25th annual *pre-season clinic* will give players, coaches and parents all the secrets to becoming the best in baseball. You will learn from one of the top college coaching staffs in the nation.

Our clinic format enables you to consult one-to-one with these instructors in their own area of expertise. The participation sessions are divided into two clinics — one for players and one for coaches and parents.

Everyone will receive hands-on instruction in fundamental baseball skills.

Areas covered include hitting, pitching, catching, fielding, throwing, base running, practice drills, along with innovations in the latest techniques.

A separate coaching clinic for girls softball by Stetson Hall of Fame Pitcher, Erin Hillson.



AGES 6-12
AGES 12, 13, 14 (Junior Division)
SPECIAL T-BALL SESSION (5-year-olds)
SPECIAL GIRLS SOFTBALL DIV.

Feb. 14 • 10:30 a.m. - 1:30 p.m.

Registration:
9:30-10:30 a.m. at Decker Gym

Our Coaches' Clinic is tailored to fit your needs. Our MU staff will speak and present hands-on drills on a variety of subjects that cover virtually every aspect of playing the game. Each session will allow time for questions and group discussion. Sessions will cover many topics for you to choose from, including:

- Hitting Drills & Mechanics
- Dynamic Flexibility and Strength Training
- Pitching
- Infield Play
- Catching
- Outfield Play
- Base Running
- Practice Development Progression and Drills
- Problem Identification and Adjustment
- Psychological Aspects of Baseball
- Coaches' Pre-Game Preparation

FEES: \$20
Coaches and parents are invited to spend the day for \$5. Pre-registration assures a guaranteed hitting time.

Team and group rates available. \$15/ player for groups of 10 or more when pre-registered together by a coach. Two coaches free with your team registration.

LOCATION: Decker Gymnasium and the Rod C. Kelchner Fitness Center. Registration is at Decker Gymnasium.

PRE-SEASON LITTLE LEAGUE DAY

Skills, Players & Coaches



- **Team and group rates** for Hitting, Pitching & Catching Clinics: \$25/player for groups of 10 or more, pre-registered together by a coach.
- E-mail: hhillson@mansfield.edu Fax: 570-662-4116
- PH: 570-662-4457, or 570-404-2632 evenings
- Call for details on our Christmas clinics, summer camps & tournaments!

The Hitting Clinic is designed to teach the fundamentals of hitting to various age levels. Each camper will receive individual instruction.

Ages 6-18: Participants will be placed in appropriate age groups. Parents may observe at no extra charge.

FEES: \$35/person
This includes three hours of instruction, cage hitting from a pitching machine, drills, videotape hitting analysis, tee work along with the latest in training aids and techniques.

LOCATION: Decker Gymnasium. Our hitting facility includes three artificial turfed batting cages.



AGES 6-12

Session	Date	Time
# 1	Jan. 31	11 a.m.-2 p.m.
# 3	Feb. 7	11 a.m.-2 p.m.
# 5	Feb. 14	2-5 p.m.
# 7	Feb. 21	11 a.m.-2 p.m.

AGES 13-18

Session	Date	Time
# 2	Jan. 31	11 a.m.-2 p.m.
# 4	Feb. 7	2-5 p.m.
# 6	Feb. 14	2-5 p.m.
# 8	Feb. 21	11 a.m.-2 p.m.

Hitting

The Pitching and Catching Clinic is designed to provide instruction in both pitching and catching. The coaches will emphasize the physical mechanics along with the mental requirements of pitching and catching.

Campers 6-18. Participants will be placed in appropriate age groups. Parents may observe at no extra charge.

FEES: \$35/person
Pitcher's fee includes three hours of instruction, live throwing from indoor mounds, drills, videotape analysis of pitching delivery and a demonstration of pitcher conditioning program.

Catcher's fee includes drills for framing, footwork, throwing, blocking, strategies and advanced techniques.

LOCATION: Decker Gymnasium and the Rod Kelchner Fitness Center. Registration: Decker Gymnasium.



AGES 13 & UP

Session	Date	Time
# 1	Feb. 7	11 a.m.-2 p.m.

AGES 7-12

Session	Date	Time
# 2	Feb. 7	2-5 p.m.

Pitching & Catching



Save Time - Register online!
www.GoMounties.com
click on 'baseball'

To ensure individual instruction for each camper, enrollment will be limited for each session. Due to enrollment limitations please call the baseball office to check for the availability of openings. Pre-registration is recommended.

Name _____ Age _____
 Address _____ City _____
 State _____ Zip _____ Phone _____ E-mail _____
 School _____ Coach _____ Grade _____
 Coach Name _____ Coach Home Phone _____
 Legal Guardian Signature _____

I approve of my child's attendance at the Mansfield University Baseball Clinic and certify that he is in good health and able to participate in clinic activities. In case of accident, injury or sickness, Mansfield University Baseball Clinic personnel have my permission to use their best judgment in the care of my child.

Make completed registration form, and this clinic fee to:

Baseball Office
Mansfield University
Mansfield, PA 16803

For more information:

PH: 570-404-7637-4457 (camping) • 570-404-7637 (equipment)
 FAX: 570-662-4116 (fax) • E-mail: hillson@mansfield.edu

Check the clinics you'll attend:

HITTING CLINICS (\$35) **AGE** _____
 List session numbers _____
PITCHING & CATCHING CLINIC (\$35)
 Feb. 7 (I), ages 13-18 Feb. 7 (II), ages 7-12
PRE-SEASON SKILLS, LITTLE LEAGUE PLAYER & COACHES CLINIC
 Feb. 14 Players (\$20)
 Feb. 14, Coaches & Parents (\$5)
 T-Shirts (\$15)

We accept cash checks or credit card. Make checks payable to MU Baseball. Clinic fee is non-refundable but may be applied toward a future MU Baseball Clinic or Camp.

Mastercard Visa Discover
 \$ _____ Amount to be charged (total amount will be charged unless amount indicated) plus 2.5% convenience fee

Credit Card # _____ 3-Dig. Sec. Code _____
 Exp. Date _____
 Cardholder Name (printed) _____
 Cardholder Signature _____
 Date _____

About the Mountaineers

Since 1987, Hillson has directed his Mountaineers to nine PSAC East Division Championships, three North Atlantic Regional Championships and three trips to the Division II World Series.



HARRY HILLSON

With 714 victories Coach Hillson became the fastest coach in Division II history to reach the 700 win milestone.

A nationally recognized authority on hitting, Hillson's teams have ranked among the top five teams in Division II season-ending statistics nine times. Seventeen players have entered professional baseball in the last twenty years. Former clinic attendee Eric Baker led Division II in hitting .500 and was drafted by the Houston Astros in the 27th round. Coach Hillson is known for his hitting, but 11 of the players signed have been pitchers, including: 2002 Montreal Expos Greg Martin, 1998 Boston Red Sox Chris Zallie, 1999 Houston Astro 11th round pick Kris Kann, and Milwaukee Brewers 15th round pick Chris McGee (all former clinic attendees). Twenty-two Mountaineers have been named All-American, the most of any Northern Division II school. The Mountaineer tradition of excellence is evident in the winter clinic program, recognized as one of the top developmental programs in the northeast.

Coach Hillson is fortunate to have a fine staff including Pitching Coach/Recruiting Coordinator Chris Francis. A ten-year veteran coach in college baseball has helped continue the Mountaineer pitching tradition in only his second year at MU. Prior to coming to Mansfield, Coach Francis coached at Virginia Wesleyan College, University of Rochester and Ithaca College where he had 9 players drafted or sign professional contracts. Casey Baker, an 8-year minor league veteran with the New York Yankees, Cleveland Indians and San Diego Padres works with the infielders and outfielders. Coach Baker was a 15th round draft pick in 1999 with the Yankees making it to Double A with the Padres in 2003.

Facilities include Decker Gymnasium, featuring six batting cages, over 20 toss, tee and hitting stations as well as two dozen pitching stations with indoor mounds. The Kelchner Fitness Center features over 15,000 feet of open gym space. Come experience the top-notch facilities along with the proven instructional techniques that have made the Mounties one of the best baseball programs in the nation.

www.GoMounties.com ... click on 'Baseball'



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Home of the Mountaineers
NCAA Division II

2010 Baseball Clinics

Mansfield University
MU
BASEBALL
CLINICS

- Hitting
- Pitching & Catching
- Little League Pre-season Skills, Players & Coaches Clinic

2010