

## **PITCHERS AND CATCHERS BOOTCAMP**

**WHEN: Saturday, November 10th, 2018**

**FIRST SESSION:**

**AGE: 6-11 year old**

**TIME: 9:00am-12:30pm**

**COST: \$50**

**WHERE: All American Softball Instruction, LLC  
5932 E. 12th St.  
Tulsa, Ok 74112**

**SECOND SESSION:**

**AGE: 12-16**

**COST: \$50**

**TIME: 1:30pm - 5:00pm**

**WHERE: All American Softball Instruction, LLC  
5932 E. 12th St.  
Tulsa, Ok 74112**

**DESCRIPTION: Athletes wear tennis shoes or turf shoes and bring your gear. Pitchers will be working on form, grip of different pitches, learning the spins of multiple plane breaks and speed changes, how to use legs more in the pitch, what pitch to throw in certain counts, fielding from the mound, mental toughness on the mound and communication with catchers. Catchers will be focusing on proper mechanics of framing, blocking, pitch calling and strategies for adapting to all aspects of the game. Learning how to push their legs and arms to new levels and working hand in hand with their pitchers developing skills together.**

**Sign up through our website at [aasoftballinstruction.com](http://aasoftballinstruction.com). Go to scheduling tab and then click the link to create an account. Once an account is created go to camp/class tab and sign up for appropriate session. If you have any questions, don't hesitate to contact me.**

**Thanks,  
Coach Mandy Sullivent  
918-398-1508  
[aasoftballinstruction@gmail.com](mailto:aasoftballinstruction@gmail.com)**