



THE BOMBERS BASEBALL
WINTER CLINIC WILL BE HELD
ON THE FOLLOWING
SATURDAYS

Session 1: DEC 5th, 12th
and 19th

Session 2: JAN 23rd, 30th
and FEB 6th

Session 3: FEB 27th, MAR 6th
and 13th

LITTLE LEAGUE GROUP
1:30-3PM

BIG DIAMOND GROUP
3-4:30PM

PLAYERS WILL BE DIVIDED INTO
GROUPS FOR INSTRUCTION ON
FIELDING AND HITTING.

The staff includes head Newton South high school baseball coach Ron Jordan. Coach Jordan brings his coaching staff along with current varsity players so that each player can experience top-notch instruction. This year's guest speaker will be former California Angel and former Red Sox Hitting Instructor John Doherty. Coach Doherty during his playing career caught the legendary Nolan Ryan.

TO REGISTER ONLINE VISIT
www.pitchingfix.com

Little League Group Sign Up
Options (LL eligible 2010)

COMBO 1:30PM-4:30PM-

Bombers Baseball Clinic as well as
Pitching or Catching Fix Clinic

Cost: Pitchers \$499 Catchers \$399

OTHER OPTIONS

1:30-3PM- Bombers Baseball Clinic
ONLY - Covers Hitting, Fielding, Base
running

Cost: \$155

3-4:30PM Pitching or Catching Fix
Clinic ONLY (Limited Space)

Cost: Pitchers \$375 Catchers \$275

Individual Sessions Choose 1 2 3

Bombers (\$60) PitchFix (\$140) CatchFix (\$100)

Big Diamond Group Sign Up
Options (ages 13 and Up)

COMBO 3PM-6PM- Bombers

Baseball Clinic as well as Pitching or
Catching Fix Clinic

Cost: Pitchers \$499 Catchers \$399

OTHER OPTIONS

3-4:30PM- Bombers Baseball Clinic
ONLY - Covers Hitting, Fielding, Base
Running

Cost: \$155

4:30-6PM- Pitching or Catching Fix
Clinic ONLY (Limited Space)

Cost: Pitchers \$375 Catchers \$275

Individual Sessions Choose 1 2 3

Bombers (\$60) PitchFix (\$140) CatchFix (\$100)

TO REGISTER ONLINE VISIT
www.pitchingfix.com

BOMBERS
BASEBALL /
PITCHING FIX
WINTER CLINIC



SATURDAY AFTERNOONS
Newton South High
School
9 Weeks

Session 1: DEC 5TH, 12TH, and 19TH

Session 2: JAN 23RD, 30TH and
FEB 6th

Session 3: FEB 27TH MAR 6TH and
MAR 13th

Little League Group:

1:30-4:30PM

Big Diamond Group (ages 13+):

3:00-6:00PM

For more info and/or
register online visit
www.pitchingfix.com

CONDITION TO PITCH/CATCH WINTER 2009-2010

5 FOCUS AREAS

1. Bio-mechanical Protocols and Drills
2. Functional Fitness Training
3. Nutritional Education
4. Mental and Emotional Preparation
5. Leadership Lessons

Pitching Fix Staff is made up mostly of former or current professional athletes. For more info on staff visit www.pitchingfix.com

Pitching/Catching Fix Clinics will help athletes achieve greater core strength, less risk of injury, and overall higher performance.

*WE USE MOTION ANALYSIS CAMERAS AT ALL OUR CLINICS
Each Pitching/Catching Fix participant will receive a custom cd

SESSION 1: DEC 5th, 12th and 19th

SESSION 2: JAN 23rd, 30th and FEB 6th

SESSION 3: FEB 27, MAR 6th and 13th

Newton South High School

3-4:30PM Little League

4:30-6PM Big Diamond

SPACE IS LIMITED

Register Online at

www.pitchingfix.com



THE STAFF OF BOMBERS/PITCHING FIX WINTER CLINICS TAKE PRIDE IN OUR INSTRUCTIONAL SKILLS. WITH YEARS OF EXPERIENCE AS CURRENT VARSITY BASEBALL HEAD COACHES ALONG WITH OUR USE OF TOP-NOTCH EQUIPMENT AND TECHNOLOGY, WE PROVIDE QUALITY TEACHING FOR YOUR CHILD'S IMPROVEMENT.

INSTRUCTION WILL COVER

- * Hitting Techniques
- * Fielding Techniques
- * Base Running
- * Pitching or Catching Instruction

STAFF DIRECTORS

GARDY O'FLYNN- Coach O'Flynn will be entering his 8th year as Ipswich High Varsity baseball coach. O'Flynn pitched six professional seasons with the Texas Rangers Organization. He is a certified pitching coach with the NPA (National Pitching Assoc.)

RON JORDAN JR.- Coach Jordan will be entering his third season at Newton South HS. Coach has been involved in youth and amateur baseball for over 20 years.

CONTACT INFO: Pitching/Catching Fix ?'s email or call Gardy O'Flynn at pitchingfix@gmail.com 978-500-0148
Bombers Baseball ?'s email or call Ron Jordan newtonsouthbaseball@gmail.com (781) 913-3770

To Register by mail make checks payable to:
Pitching Fix
Mailing Address: Pitching Fix
9 Heard Drive Ipswich, MA 01938
OR REGISTER ONLINE
www.pitchingfix.com

Bombers Baseball/ Pitching Fix has the right to change schedule in order to give each student maximum attention.

Player's Name _____

Age _____ Grade _____ Shirt Size _____

Emergency Contact Name _____

NUMBER: _____

EMAIL: _____

I understand and accept the condition that Gardy O'Flynn, Ron Jordan, or anyone associated with Bombers Baseball/ Pitching Fix Clinics will **NOT** assume any responsibility for accidents and/or medical/dental expenses resulting from participation in this program. The applicant is in good health and able to participate in the physical activity. I hereby authorize the director and staff of Bombers Baseball / Pitching Fix to act for me according to their best judgment in any emergency requiring medical attention.

Check off Choice **LITTLE LEAGUE**

1:30-4:30

COMBO PITCHERS LL () \$499

COMBO CATCHERS LL () \$399

Bombers Clinic Only () \$155

Pitching Fix LL Only () \$375

Catching Fix LL Only () \$275

Individual Session Option Sess. 1 2 3
Bombers (\$60) PFix (\$140) CFix (\$100)

Check off Choice **BIG DIAMOND 3-6**

COMBO PITCHERS BD () \$499

COMBO CATCHERS BD () \$399

Bombers Clinic Only () \$155

Pitching Fix BD Only () \$375

Catching Fix BD Only () \$275

Individual Session Option Sess. 1 2 3
Bombers (\$60) PFix (\$140) CFix (\$100)

Parent/Guardian Signature

