

# Winter 2019 Clinics



Learn from some of the top coaches in the area as you fine-tune your skills to prepare you for your spring season!



**TAKE YOUR SKILLS TO THE NEXT LEVEL.** This winter, get ahead of the competition by attending clinics hosted by the Wallingford Cardinals Legion Post 187 Baseball & Softball Program.

**All Clinics and workouts** start on January 6<sup>th</sup>, 2019.

**EARLY BIRD SPECIAL! REGISTER BEFORE DECEMBER 15 AND RECEIVE \$25 OFF EACH CLINIC (Offer for clinics)**



Thanks to our 2018 Sponsors!

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## **Winter Workout Schedule**

10 weeks, \$100 per session. Free with Cardinals registration.

Starts week of January 6, 2019

Tuesdays 630-730pm 8<sup>th</sup> & 9<sup>th</sup> Grade

Tuesdays 730-830pm 6<sup>th</sup> & 7<sup>th</sup> Grade

Wednesdays 530-630pm 10<sup>th</sup>, 11<sup>th</sup>, & 12<sup>th</sup> Grade

Fridays 530-700pm 2<sup>nd</sup> & 3<sup>rd</sup> Grade\*

Fridays 700-800pm 4<sup>th</sup> & 5<sup>th</sup> Grade

\*2<sup>nd</sup>/3<sup>rd</sup> Grade session costs \$125 due to added time\*

Visit us online at [www.wallingfordbaseball.com](http://www.wallingfordbaseball.com) to register today!



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[www.wallingfordbaseball.com](http://www.wallingfordbaseball.com)  
to register and for more information!

### HIGH SCHOOL HITTING CLINIC

GRADES 9-12, BOYS & GIRLS

**MONDAYS 7:30-8:30pm**

**TK Kiernan**, Sacred Heart University Assistant Coach  
**Billy Rich**, 1998 Detroit Tigers 10<sup>th</sup> Rd Pick  
**Rob Sprafke**, Former UCONN-Avery Pt Catcher  
... and other guests.

10-week session, \$200 per player

### HIGH SCHOOL PITCHING CLINIC

GRADES 9-12, BOYS

**WEDNESDAYS 7:30-8:30pm**

**Mike Stevens**, Former ECSU Pitcher  
**Wayne Mazzoni**, Sacred Heart U Pitching Coach  
....and other guests

10-week session, \$200 per player

### HIGH SCHOOL CATCHING CLINIC

GRADES 9-12, BOYS

**WEDNESDAYS 7:30-8:30pm**

**Bill Gorry**, Former Mass Maritime Catcher  
**Rob Sprafke**, Former UCONN-Avery Pt Catcher  
**Chris Bishop**, Cardinals President  
10-week session, \$200 per player

### ROTATING SKILLS CAMP

GRADES 3-8, BOYS

**SUNDAYS 9-10:30am**

Run by Wallingford Cardinals Coaching Staff  
8-week session, \$125 per player

### YOUTH HITTING CLINIC

GRADES 4-8, BOYS & GIRLS

**SESSION 1 MONDAYS 5:30-6:30pm**  
**SESSION 2 MONDAYS 6:30-7:30pm**

**TK Kiernan**, Sacred Heart University Assistant Coach  
**Billy Rich**, 1998 Detroit Tigers 10<sup>th</sup> Rd Pick  
**Rob Sprafke**, Former UCONN-Avery Pt Catcher  
10-week session, \$200 per player

### YOUTH PITCHING CLINIC

GRADES 4-8, BOYS

**WEDNESDAYS 6:30-7:30pm**

**Mike Stevens**, Former ECSU Pitcher  
**Wayne Mazzoni**, Sacred Heart U Pitching Coach  
... and other guests.  
10-week session, \$200 per player

### YOUTH CATCHING CLINIC

GRADES 4-8, BOYS & GIRLS

**WEDNESDAYS 6:30-7:30pm**

**Bill Gorry**, Former Mass Maritime Catcher  
**Rob Sprafke**, Former UCONN-Avery Pt Catcher  
**Chris Bishop**, Cardinals President  
... and other guests.  
10-week session, \$200 per player

### YOUTH SOFTBALL PITCHING CLINIC

GRADES 4-8, GIRLS

**WEDNESDAYS 6:30-7:30pm**

**Debbie Nakamura-Cantele**, U of Maine - Presque Isle Hall of Famer  
**Jamesohn LaValley**, Cardinal Softball Coach  
... and other guests.  
10-week session, \$200 per player



All clinics will be held at the  
Cardinals Nest, next to our  
friends at CrossFit.

The Nest  
340 Quinnipiac Street, Unit 19B  
Wallingford CT, 06492

