

CALVARY BASEBALL

Baseball all YEAR ROUND!

Objectives:

- * **PARTICIPATION-** Introduce, provide opportunities and encourage participation for kids and youth aged 8-17 across the Niagara Region. Developing young athletes, creating a passion and exposing them to the values, qualities and skills required to succeed in baseball and in life.
- * **EDUCATION-** Address the need for young developing players to receive skill and developmental age appropriate coaching, while educating parents of their role towards their Children.
- * **DEVELOPMENT-** Create a developmental pathway for athletes to be mentored into a position of leadership and life goals.
- * **PROGRESSION-** Further encourage children and youth with development potential to higher level performance by providing consistent national development models to achieve maximum development in baseball.



The Coach: Jason Pilkington

Jason has a passion for training and mentoring children and youth in the game of baseball. Jason won the 2002 College World Series at Central Arizona College. Jason ranked 17th in Canadian scouting and drafted by the Chicago White Sox in 2002. Jason has played 8 seasons of professional baseball in the Minor Leagues and has coached and instructed many players on all levels. Jason Specializes in the mechanics of pitching and can help with pursuing a higher level of baseball play. *Jason is a (SCMBA) All Star Pee wee former head coach and holds the Baseball Canada Coaching certification.*





**Participants
Benefits**

- Provide one on one coaching with video analysis for a certain level of player. Various pitches including curve, fast, change-up, sinker, cutter and slider.
- Provide good team building exercises to improve each athletes perception of the game of baseball
- Indoor and outdoor clinics available year round.
- Provide a step by step guide to a healthier athlete; mind, body, soul and spirit.
- Provide conditioning and strength training with arm bands and specific plyometric exercises.
- Provide parents with information and material that will help their kids excel at baseball and life.

For more information go to:

www.calvarychurchonline.ca

or call 905-935-3683 ext. #10

Thank you for considering being a part of this high energy clinic that will for sure be the highlight of your kids week.

COST: \$150 p/p for 1 session per week

WHO: 4-6 athletes in a group

WHERE: 89 Scott Street

Calvary Church Sports Complex

WHEN: Monday and Thursday nights from 6:00pm-9:00pm and 6:00-9:00pm

NEW THIS YEAR!!!!

Individual coaching sessions for **\$240 for 8 sessions**. Video analysis and personal strength and conditioning, along with full write up details of the athletes strengths and weaknesses. ***(nothing like getting that personal one on one coaching)***

