



All Star Pitchers Camp



7 WEEK COMPLETE PITCHER CAMP

Sundays February 11th through March 25th

- Mental Aspects of Pitching
- Fundamental Movements & Techniques
- Proper Arm Strengthening & Stretching
- Pre-Game Routines
- Long Toss
- Grips
- Pitchers Fielding Practice (PFP)
- Covering Bases
- Holding Runners
- Pick Off Moves

Age Groups: 9-14 years

Time: 6:30-8:00 pm

Where: T3 Performance

1965 Recreation Lane
Avon, OH 44011

Cost: \$195

- Former Major League Pitcher Clint Nageotte will conduct the camp. Clint will be joined by Frontier League All Star pitcher Jordan Kraus.
- Clint played professional baseball for 11 years. Three years in the MLB with the Seattle Mariners and New York Mets.
- Led the Minor Leagues in strikeouts in 2002 and named to 5 All Star games at the Minor League level.

Register 3 Ways:

Online: T3athlete.com

Phone: 440-934-2244

In Person: 1965 Recreation Lane, Avon



PERFORMANCE

(440) 934-2244 | Info@T3athlete.com

www.T3Athlete.com

"Better Training, Better Athletes"