

# Longwood Baseball Youth Winter Clinic 2024



## 2023 League Champions

In an attempt to further build cohesiveness within our baseball program, our Longwood Varsity Baseball coaches and players will be hosting baseball clinics during January and February. We cordially invite all players in Kindergarten through 8<sup>th</sup> grade to attend. Our clinics will focus on building basic skills and techniques that will lead to short-term success and long-term growth. Areas of focus will be stretching, throwing, fielding, hitting, catching, and pitching. All of our clinics will be held on Sundays (see below). Most workouts will be held inside. If the weather is nice, we will have our workouts on the baseball fields. Please come prepared.

**Available for boys and girls from Kindergarten through 8<sup>th</sup> grade**

**Price per individual will be \$100. Please pay the first date, January 7<sup>th</sup>**

**Cash Accepted**

**If paying by check, pay to Longwood Booster Club: Baseball**

**Please register in advance via email:**

Coach Ryan McSherry [rtmcsherry@yahoo.com](mailto:rtmcsherry@yahoo.com)

## **ALL SESSIONS WILL BE HELD IN THE LONGWOOD HIGH SCHOOL GYM**

<b><u>Grades: Kindergarten--3<sup>rd</sup> grade</u></b>	<b><u>Grades: 4<sup>th</sup> grade-8<sup>th</sup> grade</u></b>
<b><u>Week 1: Sunday, January 7<sup>th</sup> (8-10 am)</u></b> <b><u>*Check-in will be at 7:30 am*</u></b>	<b><u>Week 1: Sunday, 1/7</u></b> <b><u>*Check-in will be at 9:30 am*</u></b>
<b><u>Week 2: Sunday, January 14<sup>th</sup> (8-10 am)</u></b>	<b><u>Week 2: Sunday, January 14<sup>th</sup> (10 am-12 pm)</u></b>
<b><u>Week 3: Sunday, January 21<sup>st</sup> (8-10 am)</u></b>	<b><u>Week 3: Sunday, January 21<sup>st</sup> (10 am-12 pm)</u></b>
<b><u>Week 4: Sunday, January 28<sup>th</sup> (8-10 am)</u></b>	<b><u>Week 4: Sunday, January 28<sup>th</sup> (10 am-12 pm)</u></b>
<b><u>Week 5: Sunday, February 4<sup>th</sup> (8-10 am)</u></b>	<b><u>Week 5: Sunday, February 4<sup>th</sup> (10 am-12 pm)</u></b>
<b><u>Week 6: Sunday, February 11<sup>th</sup> (8-10 am)</u></b>	<b><u>Week 6: Sunday, February 11<sup>th</sup> (10 am-12 pm)</u></b>
Sunday, February 18 <sup>th</sup> <b><u>** Make-up date (if needed)**</u></b>	Sunday, February 18 <sup>th</sup> <b><u>**Make-up date (if needed) **</u></b>
Sunday, February 25 <sup>th</sup> <b><u>**Make-up date (if needed)**</u></b>	Sunday, February 25 <sup>th</sup> <b><u>**Make-up date (if needed) **</u></b>

