

Location

The Central College campus is located in Pella, Iowa, about 40 miles southeast of Des Moines and 25 miles south of Interstate 80. The clinic will be held in H.S. Kuyper Fieldhouse. For directions go to:
www.central.edu/athletics/directions

What to bring?

- Bat (hitting session only)
- Helmet (hitting session only)
- Glove (pitching/catching and defense)
- Protective cup (catching and defense)
- Tennis shoes



Central baseball

2012 Iowa Conference champions
Six Iowa Conference MVPs
20-plus wins seven of eight seven seasons
Six first-team all-league picks since 2014
80 wins in the last four seasons

Registration

Registration is online only. No mail-in registration is available. To register:
https://centralcollege.formstack.com/forms/baseball_all_skills_clinic

Cost is \$50 for one session
\$90 for two sessions
\$120 for all three sessions

For more information

Contact coach Matt Schirm
email: schirrm@central.edu
phone: (641) 628-5396



UNDER ARMOUR.

Central College was the first Under Armour college or university in Iowa

Central College Baseball All-Skills Clinic



**Pella, Iowa
Jan. 21, 2018
Ages 7-12**

Pitching/Catching
Defense
Hitting/Baserunning



Schedule

Session 1: Pitching/Catching

1 p.m. - 3:30 p.m.

- Proper throwing and pitching mechanics
- Drills to care for throwing arm
- How to grip and release different pitches
- How to field the pitcher position
- Proper fundamentals for receiving and blocking (catchers)



Schedule

Session 2: Defense

3:15 p.m. - 5:15 p.m.

- Proper throwing and catching mechanics
- How to field ground balls and fly balls properly
- How to turn double plays

Session 3: Hitting/Baserunning

5:30 p.m. - 7:30 p.m.

- Proper swing mechanics
- Drills to improve swing mechanics and power
- How to hit to all fields
- A good approach at the plate
- How to run the bases correctly



Instructors

Matt Schirm

- Central head coach

Zach Deutscher

- Central assistant coach

Eric Van Wyngarden

- Central assistant coach

Central baseball players

