

BASEBALL AND SOFTBALL ALL SKILLS CLINIC SATURDAY NOVEMBER 3RD

12:30 CHECK IN @ FRIENDSHIP PARK
12325 W. MCDOWELL RD. AVONDALE, AZ

ARE YOU A BASEBALL OR SOFTBALL PLAYER THAT
DESIRES TO TAKE YOUR SKILLS TO THE NEXT LEVEL?

WHAT SKILLS WILL BE COVERED?

DEFENSE:
THROWING
MECHANICS
INFIELD
OUTFIELD

OFFENSE:
HITTING
MECHANICS
BUNTING
BASERUNNING

**HAVING
AN EDGE:**
MENTAL GAME
NUTRITION
STRENGTH AND
CONDITIONING

ALL SKILLS CLINIC 1-3:45 PM

PITCHER AND CATCHER CLINIC 3:45-4:30 PM

\$10 PRE REGISTER OR \$15 AT CHECK IN
WWW.AVONDALELITTLELEAGUE.COM ALL PROCEEDS BENEFIT AVLL

WHO YOU'LL BE LEARNING FROM



**Former D1 head
college coach**
Semi pro player
College player

Andrea Mangrum

**Cleveland Indians MiLB
pitching coach**

**13 years
college coach**

College player

Joel Mangrum

