



## Parkway South Baseball 36th Annual Baseball Clinic

Please Confirm a Spot by Registering at:

www.parkwaysouthbaseball.com or scan the QR Code below

Where: Parkway South High School - Gyms A, B & C

801 Hanna Road

Manchester, MO 63021

Who: Dave McFarland (314) 415-9715 or Matt Brown

dmcfarland@parkwayschools.net or mbrown12@parkwayschools.net

When: Saturday, March 2nd, 2024

Grades K - 4 9 - 11:00 a.m. Grades 5 - 8 11:30 - 1:30 p.m.

Cost: \$25 a person

\$20 a person if you bring a team of 8 or more

Payment of Cash, Venmo, or Check at the door the day of the camp.

Make check payable to Parkway South Baseball

Venmo Account name: @PSH-Baseball

What to Bring: Baseball glove, bat and indoor workout clothes and tennis shoes. If the weather

cooperates, we might move outside to the tennis courts, so have a jacket as well. Please make sure your equipment has your name on it. PLEASE NO CLEATS!!!!

## What will be Covered:

- Throwing and Fielding Mechanics and Drills
- Basic Hitting and Bunting Fundamentals
- General Arm Care and core strengthening exercises
- The Parkway South coaching staff and varsity baseball players will serve as the instructors.

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