



# **PITCHING LESSONS FOR ALL AGES AND LEVELS**

Milton Girls Softball is pleased to offer professionally run Pitching Clinics for girls in Grades 3 through Grade 8. Girls who are interested in pitching or becoming better pitchers are welcome.

The Pitching Clinic consists of (5) 50-minute sessions over 5 weeks. Instructions include the basics of proper mechanics, correct footwork, arm circle, posture, grips for pitching. Age specific skills are taught, along with drills for accuracy, movement and power.

The clinic is led by Janelle Carlson of East Coast Pitching. Janelle has worked with Milton Girls Softball in the past and is a great instructor and highly qualified.

Cost: \$100 per participant (Space is limited to 10 participants per session)  
Date: Starts Wednesday, 3/19 running 5 consecutive Weds (3/19, 3/26, 4/2, 4/9, 4/16)  
Time: We have two sessions. One at 7 pm, one at 8 pm.  
Location: Quincy Armory. 1000 Hancock Street, Quincy, MA 02169

**For more information or to sign-up,  
go to [www.miltonsoftball.com](http://www.miltonsoftball.com) and click on  
Registration on the Milton Girls Softball website**

## **About Milton Girls Softball**

Milton Girls Softball is an independent, non-profit organization committed to providing girls between Kindergarten and Grade 8 with an experience that fosters positive self-esteem, team spirit and individual growth through personal achievement and team play. It is our goal for each player to have fun while improving her knowledge and skill of the game. We measure success in terms of your daughter being excited to play softball year after year.

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