



MGSA Hitting Clinic



Mansfield Girls Softball is excited to offer a five week hitting clinic this spring to go over the fundamentals of hitting and get you off to a strong spring season!

Purpose and Goals:

The clinic will focus on the proper grip, stance, loading/coil, swing and follow through. The goal of the clinic is to give players, coaches and parents a strong understanding of hitting along with some specific drills to use afterwards that will help reinforce these fundamentals. Coaches and parents are strongly encouraged to attend and participate in the clinic so that they can continue to work on these fundamentals throughout the season and provide players with consistent and proper hitting instruction.

When:

The clinic will consist of five 1 hour sessions to be held on the five Sundays between February vacation and Easter/Passover weekend: March 4, March 11, March 18, March 25 and April 1st.

Players will be slotted into a one hour time slot between 12 PM and 2 PM depending on the total number of players who register, the ages of the individual players and as much as possible, personal preference. Each session will be limited to 10 players. So, if we get 10 players registered, the clinic will run from 2 – 3 PM. If we get 20 players registered, the clinic will run from 1-2 PM for the first group and 2 – 3 PM for the second group. If we get 30 players registered, we will have three sessions: 12 – 1 PM; 1 – 2 PM and 2 – 3 PM. Registration will be on a first come, first serve basis with a maximum of thirty players.

Who and Where:

The clinic will be run by Coach Paul Elliot who is an assistant coach at Babson College and former assistant coach at Wheaton College. Paul will have members of his Strike Zone Shock College Showcase Team (area High School allstars who are hoping to play at the collegiate level) assisting. Coaches and parents are strongly encouraged to attend and participate in the clinic.

The clinic will be held at JM Sports Academy at 1245 General Edwards Highway (Route 1 Southbound side), Sharon, MA 02067. Approximately 16 minutes from Mansfield High School.

Cost and Registering:

The clinic will consist of 5 one hour sessions and will cost \$85.00 per player. Registration can be completed online at www.mansfieldgirlssoftball.com. Questions can be emailed to mgsa@mansfieldgirlssoftball.com. Bats and helmets will be provided if players do not have their own.