



ALAMO HEIGHTS BASEBALL

*PLEASE JOIN US FOR OUR*

## **2018 Little League / Youth League Coaches and Parents Clinic**

**Thursday, January 11, 2018**

**The Mule Yard**

**6:00P - 8:00P**

(\*Coaches will be available after 8:00P for as long as people have questions or want to talk!\*)

**\$20**

(\*All proceeds go directly to the AH Baseball Fund. No coaches are paid for the clinic.\*)

(\*No pre-registration is necessary. All participants can walk up.\*)

(Youth coaches and parents (moms and dads) are welcome.)

### **Presenters:**

- Jason Thompson - Alamo Heights Head Baseball Coach
- Alamo Heights Baseball Assistant Coaches
- Nick Vera - Owner, The Tribe Strength and Conditioning
- Tony Thompson - Former Coach with USA Baseball

### **Topics:**

- Hitting / Fielding / Throwing
- Pitching / Catching
- Practice Planning for Player Development
- Strength and Conditioning / Athletic Movements for Youth Athletes