



# 2011 pac-west "WINTER" COACHES CLINIC



**WHO:** Open to all coaches from any sport, at any level!  
**WHEN:** December 9th, 10th and 11th.  
**WHERE:** Homecourt YMCA, Meridian, ID. In conjunction with the Western Idaho "Pitchers Only" Prospect Camp.  
**EARN:** One graduate credit (optional) from Idaho State University.  
*Course tuition is not included in the clinic fee.*  
**CLINIC FEE:** Early registration - \$50.00  
 Register at the door - \$65.00  
**TUITION FEE:** \$50.00 - Paid at the door to Idaho State University  
**REGISTRATION:** Mail in the form below or log on to [www.pacwestbaseball.com](http://www.pacwestbaseball.com) to download a registration form.

## CLINIC SCHEDULE

(Speakers and topics are subject to change)

### Friday, December 9th

4:00-5:00 pm: Registration  
 -Homecourt YMCA  
 5:30 pm: Pitching Progressions  
 -Chris Frith, Rocky Mountain High School  
 6:00 pm: Pitching Slides  
 -Greg Moore, University of San Francisco  
 7:00 pm: Attack the Running Game  
 -Nate Yeskie, Oregon State University  
 8:00 pm: Arm Care  
 -Rick Baumann, Treasure Valley Community College  
 9:00 pm: End of Day 1

### Saturday, December 10th

8:30 am: Maximizing Your Fastball  
 -Nate Yeskie - Oregon State University  
 9:00 am: Pitching Progressions  
 -Chris Frith, Rocky Mountain High School  
 9:30 am: Pitch Development  
 -Nate Yeskie - Oregon State University  
 10:30 am: Pitching Strategies  
 -Dave Carter, Utah Valley State University  
 11:30 am: Video Analysis  
 -Donny Harrel, Seattle University  
 12:00 pm: Lunch on your own  
 1:30 pm: Maximizing Your Pitching Performance  
 -Greg Moore, University of San Francisco  
 2:30 pm: Skills and Drills  
 -Rob Hippi, Lower Columbia Community College  
 3:30 pm: Pitching Mentality  
 -Bobby Applegate, Brigham Young University  
 4:30 pm: Pitchers Fielding Practice  
 -Tyler Knigge, Philadelphia Phillies  
 5:30 pm: End of Day 2

### Sunday, December 11th

8:30 am: Strength Training  
 -Russ Wright, Fruitland High School  
 9:30 am: College Scholarships  
 -Roger Wolf, Seattle Mariners  
 10:30 am: Bullpen Evaluations  
 -Camp Staff  
 12:00 pm: End of Day 3

(DETACH HERE)

## 2011 PAC-WEST COACHES CLINIC EARLY REGISTRATION FORM

(Please Print Neatly)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

ZIP CODE: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

Enclosed is my check for \$50.00. Make payable to PAC-WEST BASEBALL and mail to:

Pac-West Baseball  
 2277 E. Roaring Creek St.  
 Meridian, ID 83646

**REGISTER TODAY AND SAVE MONEY!**