



West Valley Softball Winter Pitching Clinic

West Valley Softball will again be holding our pitching clinics on Tuesday nights for new and experienced pitchers.

Head Instructor – Lance Block – comes from West Valley Softball in Calgary where he has been coaching and teaching softball for the past 8 years.

Lance is a certified CANpitch Regional Pitching Instructor and Level 1 NCCP certified coach. Having two daughters that pitch and once being a pitcher himself, he understands that practicing the proper mechanics and techniques is almost as important as having fun! He has been teaching pitching for the past two years and enjoys working with the athletes, bringing new creative drills to challenge them.”

Our nine week program will be held at Thomas B Riley Jr High School, 3915 - 69 Street NW, on Tuesday, January 15/22/29, February 5/19, March 5/12/19 and April 2. We are planning three sessions. The 6:30 to 7:30 pm session is for players new to the pitching. The 7:30 – 8:30 pm session will have a wider range of participants. The 8:30 to 9:30 pm session is focused on experienced pitchers. Each session is limited to ten participants. If there are less than 20 registrants, we may combine the sessions. The cost is \$150 per player. Pitchers must supply their own catchers at every clinic.

Please call Sherry at Silver Springs Community Centre, 403-288-2616 to register. Registrations are confirmed when paid.

