



12 | 6

BREAKING BALL CLINIC



ETC ELKHORN TRAINING CAMP

Players will learn the proper fundamentals of throwing Curveballs, Change Ups, 2 - Seam Fastballs and Sliders.

SAM TEWES

- 2X Nebraska first team All state class B
- 1st team superstate
- 4 Year Starter Wichita State University
- First Team Freshman All - American
- 2x Missouri Valley Conference Pitcher of the Year
- 22nd round draft selection out of HS By Toronto
- 8th round selection out of college by St. Louis
- Spent 2018 in AA Cardinal organization.

OBJECTIVES

- Proper grips of all pitches
- Correct throwing action to minimize rise of injury
- Discussion of proper totals of each pitch per game
- Develop understanding of when and how to use each pitch most effectively in different counts and against different hitters

Dates: Mondays December 3rd, 10th, and 17th

Times: 6:00 - 7:00 PM

Ages: 13 and Older

Cost: \$100 **Class Limit:** 6 players

FOLLOW US ON SOCIAL

