



Pony Baseball Pitching Clinic

Using Driveline Principles

Winter is the time to grow as a pitcher. Players will move through an on-ramping phase and into a velocity phase of training. Pitchers will learn how to properly warm up and cool down. Arm care is at the center of this program. Players will use a wide range of training equipment including weighted balls, wrist weights, and plyo-balls to enhance their arm health and add velocity. Each pitcher will have an individualized training plan.

Program is for 8th and 11th grade pitchers. Athletes should be involved in a strength and conditioning program and are encouraged to begin throwing in December.

Coach Mike Parker

Mike has been a Stillwater High School Coach for 23 years. He has spent the last 13 seasons as head coach. 2017 All-Star Series coach, Section title 2009, 2010, 2011, 2018, 2021, State Championship 2018, state 2nd 2009, state 3rd 2011. Overall record of 208-71. Mike coached the East Metro team in the 2011, 2017 and 2019 Lions All-Star Series. He played his college ball at The University of St. Thomas under legendary coach Dennis Denning.

CLINIC SCHEDULE

501-10 | Grades 8-11 | 62 sessions | \$495/person

Sundays | November 7 - February 27 | 9-10 p.m.
 Stillwater Area High School - Gymnasium 3 and 4
 (No session Feb 13)

Mondays | November 8 - February 28 | 9:15 - 10 p.m.
 Stillwater Area High School - Gymnasium 3 and 4
 (No session Dec 27, Jan 3)

Tuesdays | November 23 - March 1 | 9-10 p.m.
 Stillwater Area High School - PAC Gymnasium 5 and 6
 (Meets Wednesday Nov 24 and March 2 - No session Dec 7, 14, Jan 18, Feb 8)

Wednesdays | November 10 - Mar 2 | 8:45 - 9:45 p.m.
 Stillwater Area High School - Gymnasium 3 and 4
 (No session Dec 29, Jan 12, 26, Feb 23)

Thursdays | November 11 - February 24 | 8:45 - 9:45 p.m.
 Stillwater Area High School - Gymnasium 3 and 4
 (No session Nov 25, Dec 23, 30, Feb 3)

Registration begins December 2nd at 12 p.m.

