

# Rick Pauly Pitching Clinic

Friday, January 25, 2019 & Saturday, January 26, 2019

**Rick Pauly**, former pitching coach for the **University of Georgia, University of South Carolina, and University of South Carolina Upstate**, as well as one of the coaches in the **2015 USA National Team Coaching Pool**, will be instructing pitchers at all levels on the mechanics of **elite level pitchers**.

Coach Pauly and his daughter, Sarah, use the latest technology to study the movements that elite level pitchers perform. Sarah is an **8 time National Professional Fastpitch (NPF) All Pro, NCAA All-American, ASA All-American** and holds many pitching records in college and the NPF where she played for the **USSSA Pride** and **Akron Racers**, as well as playing in the **Japanese Pro League** and in **Europe**.

**Clinic Instructor: Rick Pauly** ([www.PaulyGirlFastpitch.com](http://www.PaulyGirlFastpitch.com))

**Sponsored by: Team Phoenix** ([www.phoenixfastpitchde.com](http://www.phoenixfastpitchde.com))

**Location: Rise Up Facility, 10000 Old Racetrack Road, Delmar, DE 19940**



## **“Elite Pitching for Coaches & Parents” and “College Athletic Recruiting”**

Geared towards school/travel team coaches and parents of players who are interested in learning more about pitching mechanics and the college athletic recruiting process. During the presentation, Coach Pauly will discuss and demonstrate the foundational keys of pitching, proper pitching mechanics that all pitchers need to know, and elimination of inefficient/unsafe pitching movements. He will also explain the steps in the college athletic recruiting process and provide important advice to help players reach their collegiate and athletic goals.

**Date:** Friday, January 25, 2019    **Cost:** \$25/participant or \$30/family    **Time:** 6:30pm – 9:00pm

## **“Mechanics of Elite Pitchers” for Beginner to Intermediate Pitchers**

Coach Pauly will demonstrate the proper pitching mechanics that all beginning and intermediate pitchers need to know. He will teach drills to perfect pitching mechanics that will increase your speed and improve location accuracy. Coach Pauly will also demonstrate the basics of throwing a change-up and drop-ball.

**Date:** Saturday, January 26, 2019    **Time:** 9:00am – 12:00pm    **Cost:** \$100/participant

## **“Advanced Movement Pitching Mechanics” for Intermediate to Advanced Pitchers**

(Note: This is not a beginner’s session). Coach Pauly will focus on techniques required for throwing elite level movement pitches like the rise-ball, curve-ball, drop-ball and change-up. You will learn the best drills for developing the spin axis & spin rates that create elite movement & the four key fundamentals of basic pitching mechanics that enable you to perform elite level pitches.

**Date:** Saturday, January 26, 2019    **Time:** 1:00pm – 4:30pm    **Cost:** \$125/participant

**We will take only a limited number of pitchers to maximize the time with Coach Pauly.**

Each pitcher should bring their own catcher (teammate or parent). Youth catchers must wear full gear. Catchers do not have to pay a clinic fee. Please bring cleats and sneakers.

**If you have questions, please call 302-236-2274**

To register, mail the form below and your check payable to Team Phoenix to:  
Team Phoenix Pitching Clinic, 22547 Waterview Rd, Lewes, DE 19958

### **High Performance Pitching Clinic Registration** -- **Please register by January 19, 2019**

**Participant Name:** \_\_\_\_\_

**Contact Phone #:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Clinic Attending (circle your choice/choices):**

Coaches/Parents Clinic (\$25/\$30)    Beginner/Intermediate (\$100)    Intermediate/Advanced (\$125)

**For pitchers: Parent/Guardian Name:** \_\_\_\_\_

**Travel/School Team Name:** \_\_\_\_\_ **Age/Grad Year:** \_\_\_\_\_