

VIKINGS

Central Catholic Baseball Clinic

GRADE LEVEL



4th



5th



6th



7th



8th

Sunday, March 6, 2016

4:00 PM – 6:30 PM

🍏 \$60.00

Pre-Registration

🍏 \$70.00

Door Price

Full Name		Age
Home Address		
City	State	Zip
Home Phone	Cell Phone	
Email Address:		
Current School and School District		
Bats	Throws	
Primary Position	2 nd Position	
Parent or Guardian Signature	Date	

CHECKS PAYABLE TO:
Pittsburgh Central Catholic Baseball Boosters

Register Online at
www.centralcatholicbaseball.org



2016 Pittsburgh Central Catholic Baseball Clinic



**2015 WPIAL AAAA
CHAMPIONS**

**March 6, 2016
4:00 pm – 6:30 pm
at
PEBA
(Pittsburgh Elite Baseball Academy)
100 Vista Dr., Building #1
Robinson Twp., PA 15205**

VIKINGS



2016 All Skills Baseball Clinic

The Central Catholic Baseball Clinic is for all players currently attending grades 4 - 8. This clinic will allow players to receive instruction on baseball fundamentals from the Central Catholic Baseball staff, guest coaches and members of the Varsity Baseball Team. The clinic will be conducted much like a normal practice session for the Central Catholic Baseball Program.

The offensive clinic will break the offensive side of the game down into its two parts – hitting and base running. Coaches will offer instruction on fundamental mechanics of hitting – including proper stance, load, swing plane, extension, and finish. In the base running portion of the offensive clinic, the coaches will cover going home to first, primary and secondary leads, and the thinking required to be an effective baserunner.

The defensive clinic will focus on teaching proper throwing mechanics, through proper defensive fundamentals for all positions – infielders, outfielders, and catchers.

The pitching clinic will focus teaching proper pitching mechanics. This will be accomplished by teaching and demonstrating specific drills and mechanics. We will also cover holding runners, pickoff moves and pitching with men on base.

Players should bring all necessary baseball equipment for participation. This includes bats, gloves, tennis shoes, and catcher's gear. Vending machines are available for drinks.



Central Catholic Baseball Coaches

Frank Craska	Head Baseball Coach
John Rende Sr.	Assistant Head Coach
Rob Modero	Assistant Varsity Coach
Matt Litzinger	Assistant Varsity Coach
John Rende Jr.	Head Jr. Varsity Coach
Frank Quirin	Assist. Jr. Varsity Coach
Mark Ballog	Assist. Jr. Varsity Coach
Rick Capretta	Head Freshmen Coach

Plus Guest Coaches and Central Catholic Varsity Baseball Players

**Contact Gary Aldrich with
questions by emailing
galdrich@andrew.cmu.edu or
calling 724-601-0085.**

**Register online at
www.centralcatholicbaseball.org**

Authorization for Medical Care

Full Name	
Parent/Guardian Name	
Home Phone	Emergency Phone
Emergency Contact	Emergency Cell
Current Medication	
Physician Name	Physician Phone
Insurance Company	Policy Number
Pittsburgh Central Catholic does not provide medical insurance for clinic participants. In the event of injury or illness requiring treatment, hospitalization, and/or surgery, the family medical insurance must be used.	
I hereby consent to any and all health services deemed necessary by the emergency room. I give authority and power to any such physician/surgeon to render any and all health services that may be deemed necessary or advisable. I authorize the Central Catholic director or counselor to accompany the student and sign permit forms required by the medical center. I understand in case of serious accident or illness, every effort will be made to contact me. I understand that I will be responsible for any costs or care not provided. I understand that there is a risk of injury for my son or daughter while participating in the clinic and I hereby assume all risks associated with participation and agree to exonerate Pittsburgh Central Catholic, its agents, servants, trustees, and employees from any and all liability.	
This release must be signed to participate.	
Parent/Guardian Signature	Date

