

O'FALLON PANTHER BASEBALL

Pitching Lessons

Each lesson will focus on a different fundamental aspect of the pitching game. Athletes receive pitching instruction on the proper mechanics of throwing, pitching and finishing. Individual lessons are scheduled specifically with an O'Fallon Township High School baseball coach at a convenient time. Athletes will be grouped individually or in pairs to maximize instruction that best fits the needs of the student.

Armed with a positive attitude and a sincere desire to help kids, our instructors strive for significant growth and progress. Please complete and return the registration form on the backside to enroll for your lesson. You will be contacted to coordinate a lesson time that fits your needs.

For information Contact: **Jason Portz, OTHS Head Baseball Coach**

- (618)972-8682
- E-mail: portzj@oths.k12.il.us

Features:

Together we'll focus on developing and improving several key factors of pitching performance:

- *Learning proper throwing mechanic*
- *Locating pitches*
- *Imparting movement to pitches, including the 4 seam and 2 seam fastball, the changeup, and, as appropriate for the age of the pitcher, the curveball and slider*
- *Developing and increasing throwing velocity and arm strength*
- *Fielding the position*
- *Controlling the running game*
- *Beneficial strength and conditioning regimens for pitchers.*

Benefits:

- *Personalized instruction allows for questions, specific requests and tailored lesson plans*
- *Parents are encouraged to be involved: learn and understand!*
- *Proper mechanics is one of the keys to getting to the "next level". Whether it's from little league to the majors in little league or from youth baseball to high school ball.*
- *Our pitching coaches are experts in pitching proper techniques. Our methodology helps the student understand what proper mechanics can do for his success.*
- *This approach will help the pitcher avoid major injuries while strengthening the arm and improve overall pitching performance, giving the student control, consistency and confidence.*

Individual Lesson Packages

Age Group	Lesson Length	Lesson Rate	4 Lessons	8 Lessons
7-9	30	\$25.00	\$100.00	\$180.00
Age Group			6 Lessons	10 Lessons
10-Up	30	\$25.00	\$150.00	\$230.00

Group Lesson Packages (4 Participants)

Age Group	Lesson Length	Lesson Rate	4 Lessons	8 Lessons
7-9	30	\$10.00	\$160.00	\$280.00
Age Group			6 Lessons	10 Lessons
10- 8 th Grade <i>(Groups of 4 cannot be done with HS Players)</i>	45	\$15.00	\$240.00	\$440.00

*** Group instruction must be registered as 4 participants at a time. This is not done by the instructors. Please register 4 participants at one time. The rate for the group lessons is the cost for the entire group for example a 4 lesson group rate = 240.00 Total (\$60.00 per player)**

O'FALLON PANTHER BASEBALL
Pitching Lesson
Registration Form

Name: _____ Parents Name: _____

Address: _____

Phone Number: _____ Emergency Number: _____

E-Mail: _____

Age: _____

Package

_____ 4 Lessons	_____ 4 Group Lessons	_____ 6 Lessons	_____ 6 Group Lessons
_____ 8 Lessons	_____ 8 Group Lessons	_____ 10 Lessons	_____ 10 Group Lessons

Best Available Time: (please rank 1(best) – 4 (worst), or Mark N/A if you are not available at that time)

_____ Mon. @ 2:45 pm _____ Tues. @ 2:45 pm _____ Wed @ 2:45 pm _____ Thurs.@ 2:45 pm

_____ Mon. @ 3:45 pm _____ Tues. @ 3:30 pm _____ Wed @ 3:45 pm _____ Thurs. @ 3:30 pm

_____ Mon. @ 4:15 pm _____ Tues. @ 4:15 pm _____ Wed @ 4:15 pm _____ Thurs. @ 4:15 pm

_____ Mon. @ 5:00 pm _____ Tues. @ 5:00 pm _____ Wed @ 5:00 pm _____ Thurs. @ 5:00 pm

_____ Mon. @ 6:00 pm _____ Wed @ 6:00 pm

_____ Mon. @ 7:00 pm _____ Wed @ 7:00 pm

_____ Mon. @ 8:00 pm _____ Wed @ 8:00 pm

_____ Saturdays (8, 9, 10, or 11am)

_____ OTHER (please comment below on what time would be best for you if none of the above apply)

*** The above dates are not the only options. A schedule can be developed to fit your individual needs. For example if the student can only attend 1 day a week or needs a different combination of days, it can be worked out to fit your needs.**

Please Complete and Return Form to:

Jason Portz, Head Baseball Coach
O'Fallon Township High School
600 S. Smiley St.
O'Fallon, IL 62269

For Additional information or Questions Contact:

- Jason Portz, *OTHS Head Baseball Coach*

- (618)972-8682
- E-mail: portzj@oths.k12.il.us

Payment:

- **DO NOT SEND PAYMENT WITH REGISTRATION.** Payment will be handled after your lesson dates and times have been set with your individual instructor.