

## SBLL Baseball Offseason / Pre-Season Clinics - Info Sheet

### SBLL - Beginners / Development Clinics

**Who:** Registration Open to all current and future SBLL Players. Clinics are ideal for first year players, players transitioning to next division, and/or players that need more development.

**What:** Baseball Clinics to work on Hitting / Fielding / Catching / Throwing development & fundamentals.

**When:** Sessions will run from early December 2022 through mid January 2023. Sessions will take place on Tuesday & Thursdays 6:00 PM - 7:30 PM.

Week 1: Tue 12/06 - Thu 12/08

Week 2: Tue 12/13 - Thu 12/15

Week 3: Tue 12/20 - Thu 12/29

Week 4: Tue 12/27 - Thu 12/29

Week 5: Tue 01/03 - Thu 01/05

Week 6: Tue 01/10 - Thu 01/13

**Where:** Sessions to be held at SBLL Fields (9400 Hall Rd. Houston, TX 77089).

**Why:** The sessions will be tailored to teach the fundamentals of baseball in a slower paced environment in preparation for SBLL 2023 Spring Season.

**How:** Experienced SBLL Coaches (from all divisions) will be conducting the sessions. Registration and basic baseball equipment is required from participants.

**Fees:** TBD

### **SBLL Advanced Skills Clinics**

**Who:** Open registration baseball community

**What:** Baseball Clinics to work on advanced Hitting / Fielding / Pitching / Baserunning / Game Situations. Clinics are ideal for players with proficient baseball acumen looking to take their game to a higher level.

**When:** Sessions will run from early December 2022 through mid January 2022; starting on December 6th. Sessions will take place on Tuesday & Thursdays 6:00 PM - 7:30 PM.

Week 1: Tue 12/06 - Thu 12/08

Week 2: Tue 12/13 - Thu 12/15

Week 3: Tue 12/20 - Thu 12/29

Week 4: Tue 12/27 - Thu 12/29

Week 5: Tue 01/03 - Thu 01/05

Week 6: Tue 01/10 - Thu 01/13

**Where:** Sessions to be held at SBLL Fields (9400 Hall Rd. Houston, TX 77089).

**Why:** The sessions will be tailored to teach the advanced techniques & fundamentals of baseball.

**How:** Professional trainers/coaches from Alpha One Athletics will conduct the sessions. Registration and basic baseball equipment is required from participants.

**Fees:** TBD