

METRO EXPRESS

PITCHING CLINIC REGISTRATION

Name _____

Address _____

City _____ State _____ Zip _____

High School _____ Graduation Year _____

Birth Date _____ Age _____

Home Phone Number [_____] _____

Please check the session for which you are registering

_____ **LEVEL ONE** 8:00 am to 9:15 am

Designed for the beginning or minimally experienced pitcher. Students who have never attended a formal fastpitch clinic or have not received basic fastpitch pitching instruction should register for this session.

NO CATCHERS PERMITTED.

_____ **LEVEL TWO** 8:00 am - 9:15 am & 9:15 am – 10:30 pm & 10:30 am - 11:45 pm

Set up for the pitcher who has some experience or has already gone through our level one course. Students will be grouped by age to maximize their skill development. To be eligible a pitcher should have good fundamental pitching mechanics (motion) and understand the fastpitch terminology. Students will work on pitching mechanics, increasing speed & locations and will be introduced to change-ups as soon as they demonstrate command of locations **CATCHER REQUIRED**

_____ **LEVEL THREE** 9:15 am – 10:30 pm & 10:30 am - 11:45 pm

To register for this level students must demonstrate good control and have a minimum speed of 52 MPH. Students should be able to pitch to location. This level will work on improving change-ups & pitching speed and students will be introduced to breaking pitches as soon as they demonstrate command of change-ups. Additional breaking pitches will be introduced as students gain control of their first breaking pitch.

CATCHER REQUIRED

_____ **LEVEL FOUR** 11:45 am - 1:00 pm & 1:00 pm - 2:15 pm

This is an advanced and challenging level. To be eligible students must be able to throw at least 57 MPH and have completed Level Three. Pitchers must have prior varsity or summer league pitching experience with a record of success. Students should be able to hit four locations with their fastball, have total command of their change-up and at least one breaking pitch. You will learn additional change-ups and breaking pitches. **CATCHER REQUIRED**

Return this form with your clinic fee of **\$100**. Make checks payable to: **METRO EXPRESS**

MAIL TO: Metro Express
314 Lindsay Road
Carnegie, PA 15106

Call (412) 279-0242 if you require additional information.