

# 5th Annual Rick Pauly Pitching Clinics

**Rick Pauly former University of Georgia Pitching Coach, USC Upstate Pitching Coach, member of Team USA Coaching Pool will be leading our High Performance Pitching Clinic.**

**Sarah Pauly is a National Pro Fastpitch Eight Time All Pro Pitcher, ASA All American, NCAA All American and will also be coaching & demonstrating.**

## **Friday Night Classroom for Coaches and Parents**

**Friday Jan 22, 2021 7:00-9:30pm**

Fairmont Five Lakes Elementary School, Room 1017 (Budd Room)

(Enter thru door #1 on North side)

Bring your paper and pencil and learn from one of the best in the business. Demonstrating all the proper techniques of elite level pitchers.

Also learn about inefficient and unsafe pitching movements.

This in depth class is tailored to all parents and all coaches from grade school through high school, travel ball and college.



## Two Youth Classes Offered based on Pitchers Experience

### Mechanics of Elite Pitchers:

**Saturday Jan 23,2021, 9am—12pm** This is for New—Intermediate Pitchers, (Limited to first 25 registered) Coach Pauly will demonstrate the proper pitching mechanics that all pitchers need to know. He will teach drills to perfect mechanics and increase speed and accuracy. He will also demonstrate basic drop ball and change ups. Fee: \$100 (pre-



### Advanced Movement Pitching Mechanics Clinic

**Saturday Jan 23, 2021, 1:00—4:30 pm** Intermediate to Advanced Pitchers developing movement pitches. (this is not a beginners class) Limited to first 25.

Coach Pauly will focus on safe technics 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 and spin rates that create elite movement and the 4 key fundamentals of basic pitching mechanics that enable you to perform elite level pitches. Fee: \$125 (pre registration and payment required through Fairmont CER) Deadline to register is Dec 14,2020. \$25 discount if you are taking both Saturday classes.

The Saturday clinics are at Fairmont Senior High School, Main Gym. Enter through Sports Entrance door #5 on North side. Please arrive 30 minutes early to register and begin warm up.

**\*\*\* Each pitcher must bring their own fully geared catcher or parent, clean gym shoes, no cleats.**

Parents and Coaches are welcome to stay for entire class and are encouraged to video tape parts or all of the clinic.

### A couple comments from previous attendees...

Thank you so much for bringing this clinic to southern MN! The first thing our daughters, said once they sat in the car was "Whoa, he is a softball genius!" "I really want to learn more from him."

Overall, we loved the simplicity and the focus on posture. Coach Pauly kept athletes engaged and loose...tried to make them laugh and relax. Made drills understandable to all ages. our 9 year old is just learning. our 12 year old, has been to a few different clinics but enjoyed this one the best. A lot of excellent demos and information to absorb! Wonderful job.

Pros: Loved the fact that there were several coaches there to work more one-on-one. The clicker training theory is brilliant! It sure worked on our German Shepherd pup. ;) Kids will respond to that versus parent correction aka "nagging"

Cons: Just as the coach was beginning to make progress on an individual mechanic, it was time to go to the next drill. It did not feel rushed however and I understand you wanted to cover main points as best as possible and move on.

I wish our daughters had learned from Coach Pauly from the start. Years of learning one way has created poor habits, mechanics and muscle memory. To add to that, we were just at a 4-week clinic in January that taught things which were exactly what Coach Pauly said shouldn't be taught. :( Our girls are hard workers tho and will be spending the next few weeks practicing as try outs are a month away. The touchy part is making sure we, as parents, are advising correctly. Ideally it would be great to have someone work with them individually since kids listen to someone besides their parents. But with glove and bucket in hand, we are the next best option. ;) We utilized the coupon for Coach Pauly's online tutorial and greatly appreciate that resource!

I am almost hesitant to tell you what I really thought of your clinic because I feel when word gets out I won't be able to get a spot in the future! Most well run and informative clinic we have ever been a part of. I am energized and excited about the next few summers and using some of the tools and theories Rick offers. I have struggled trying to help my 15 year old out with pitching the last few years and finally I feel like I have a source for solid information on what to do. I sent a note to Rick already and am planning on starting some of the online ed stuff he has. I brought my 15 year old this year to both clinics and am planning on bringing my 10 year old to the mechanics class next year. Please keep me on your list for any emails about sign up when the time comes around. Thank you for all of your time and energy putting such a great event together!

Simple...the very best day clinic a pitcher can attend. Period. This was our 3rd year attending in Fairmont and 4th Rick Pauly clinic, and we still come away with nothing but positives. Great opportunity for anyone in this area to learn from one of the best and expand both the kid's and parent's knowledge on how to pitch safer and more effectively. My daughter absolutely loves attending and seeing Rick and the other coaches. She says it is her favorite softball clinic!

I also want to thank Fairmont and all those involved in making this clinic happen and for it running so smoothly. It is difficult in our area to find resources who are knowledgeable in the "new" techniques, but very exciting to see more of it the last year or two, and am excited to see it continue to grow. I am positive the work Fairmont has done by offering such a great clinic and Rick's continued message and resources has played a role.