



2009 Softball Skills Program with Lucas Goring

Sign up for hitting, slap bunting, fielding and throwing lessons at Acceleration North Sports Training. National level instructors can help you with all your fast pitch needs.

Clinics will all be taught by **Lucas Goring**, member of the **2007 USA Men's Fast pitch National Team**.

- This is the third season that Lucas will be teaching his clinics with Acceleration North.

Cost to player: \$200 for 8 one hour lessons – (8) Tuesdays

Times: 6pm – 9pm One-hour clinics. **Clinics limited to 6 participants per session.**

Ages: 12u and up

Tuesday nights, Nov 3rd - December 22nd (No holiday conflicts)

Clinics focused on developing skills (both physically and mentally) to improve your offensive & defensive production.

Time selections:

6pm – 9pm on the hour

Location: Acceleration North, 3808 Dunlap Street, Arden Hills, MN 55112

What to Bring: glove - for fielding clinic, helmet, and bat. Tennis shoes recommended.

Questions: Call the Acceleration North staff at (651) 486-0020

Registrations are processed in the order received. Mail this completed form, with a \$200 check made out to Acceleration North.

Player Name _____ Age Level in 2009: _____

Parent/Guardian Name _____

E-mail _____ Phone _____

Select a time session - upon receipt of registration, confirmation will be sent via e-mail.

___ 6 – 7pm Hitting & Fielding (12u -14u)

___ 7 – 8pm Hitting & Fielding (12u -14u)

___ 8 - 9pm Short Game - slap hitting & bunting (14u and up)