

POINT LOMA HIGH SCHOOL BASEBALL LITTLE LEAGUE CLINIC

Sunday January 22nd

(Rain Make up day Jan 29th 2012)



11-12 year old players 9:00 am – 12:30 pm

13-14 year old players 1:00 pm – 4:30 pm

(Arrive min 30 minutes prior to starting time for check in and warm up)

Clinic held at David Wells Field located at Dana Middle School



Get ready for the Baseball Season! PLHS Pointer Baseball and the PLHS Baseball Boosters are offering an Instructional Clinic to help your player start the season right.

The \$65.00 participation fee covers: Pizza and drinks are included, plus the Snack Shack will be Open.

- Stretching and pre-game warm-up routines
- Position specific instruction
- Hitting Technique and fundamentals
- Base running techniques
- Pointer practice shirt

Instruction will be provided by PLHS Coaches and Senior Varsity Players. The number of participants will be limited to 30 players at each session. Instructor ratio will be less than 6:1

Instructional Clinic Coaching Staff:

NEW PLHS Head Varsity Coach Jesse Nunez: Jesse played Baseball in San Diego until receiving a scholarship to play baseball at Nyack in New York. Played A Ball for the Phillies in Florida before teaching at and being the head baseball coach at The Rock Academy for 4 years. Coach Nunez also is the founder and head coach for the Pointers Elite travel ball team.

Assistant Coach John Quann: Coach Quann returns for his 13th year in the program. Coach Quann has been our Freshman Head Coach, JV Head Coach, and currently assists our Varsity team.

Assistant Coach Mike Delgado: Graduated from PLHS in 1979, 13 years coaching at PLHS as Varsity and JV pitching coach. 8 years coaching at the San Diego Stars Baseball Club

Assistant Coach Riley Lillibridge: Coach Lillibridge currently studying at Pt. Loma Nazarene Univ. (scheduled to graduate June 2012 with his masters in teaching) made his inaugural season with PLHS as an assistant coach for JV squad in 2009-2010. Coach Riley grew up in a baseball family (has played with and caught T. Lincecum, T. Snider and his brother Brent who is a current player for White Sox). Coach Riley as a high school player has won 1 state championship.

Player Name (first & last): _____ Player Age: 11/12 or 13/14
Parent Name: _____ T-Shirt Size: YouthL - YouthXL - AdultS - Adult M
Mailing Address: _____
City: _____ State: _____ Zipcode: _____
Phone(hm): _____ Email: _____
Phone (parent cell): _____

Return this form, signed Insurance Waiver along with \$payment (Check preferred) to:

**PLHSPA/Baseball Boosters
P.O. Box 7304
San Diego, CA 92107**

Payment and forms to be received before Jan 19th, 2012

Contact: Doug Ament for additional information 619-417 7040 cell or dwament@cox.net 11-21-11

