

2018 PAL Winter Clinics

Registration is available online at www.palonline.org

Space is limited. Sign up today!

Baseball General Skills Clinic

January 7- March 11

These clinics will focus on the fundamentals for young age groups and getting reps for older age groups. Run by PAL coaches.

Cost: \$50

Pre-K-1st Grade: Sundays 12-1:30 pm at the KP Field House

2nd Grade: Thursdays 7-8 pm at the Jackson School

3rd Grade: Tuesdays 7-8:30 pm at the Jackson School

4th Grade+: Sundays 12-2:15 at KP Field House

Softball General Skills Clinic

January 7- March 11

These clinics will focus on the fundamentals for young age groups and getting reps for older age groups. Run by PAL coaches.

Cost: \$50

All ages: Sundays 2:15-4 pm at KP Field House

RBI Baseball All Skills Training

December- Middle of March

PAL has partnered with RBI Baseball Academy to extend their program to players at a discount for those looking for professional coaching with approximately 4:1 player to coach ratio.

Register for a full winter skills training program with the promo code "PAL18" and receive a 15% discount on registration.

You can register at www.rbiacademy.com

Softball Pitching Clinic

January 8- March 19

These clinics will focus on the fundamentals of pitching. Run by Meg Rico, former KP High School pitcher and Division 1 college pitcher. Registration for this clinic allows for access to other clinics listed here.

Cost: \$150

Grades 2-5: Monday 7-8 pm at Wood School

Grades 6+: Monday 8-9 at Wood School

Space is limited so please sign up early!

Player catchers are welcome to attend at no fee.

RBI Baseball Pitching & Catching Clinic

December- Middle of March

PAL has partnered with RBI Baseball Academy to extend their program to players at a discount for those looking for professional coaching with approximately 4:1 player to coach ratio.

Register for a full winter skills training program with the promo code "PAL18" and receive a 15% discount on registration.

You can register at www.rbiacademy.com

Open Softball Hitting Clinic

January 4- March 15

Open softball hitting clinic for Grade 4 and up to work on their hitting skills.

Cost: Free

Thursdays 8-9 pm at the Jackson School

