



Shrewsbury Colonials AAU
Baseball Clinic
For SLL Majors & Prep



Hard to believe but we are approaching Shrewsbury Little League Tryout season and the Shrewsbury Colonials AAU (non-profit) program would like to help shake of the rust. We know some players haven't thrown a ball or swung a bat since June! Majors tryouts are scheduled for Dec 10th and Prep tryouts are scheduled on Jan 7th.

The Shrewsbury Colonials coaching staff and several of their players will run a 2-hour clinic at Teamworks in Northborough to focus on a number of areas that will help the boys sharpen their skills and prepare for their upcoming SLL Majors or Prep tryout.

**** We will host another clinic for the upcoming SLL Minor League players once the tryout date is announced. ****

The clinic will focus on the following skills and techniques through station-based drills:

- **Swing mechanics – Batting Tee, Soft-Toss, Weighted Balls**
- **Infield – fielding grounders, pop-ups, throwing, tagging**
- **Outfield – tracking and catching fly balls, throwing to a cut-off**

Here are the specifics:

- **WHEN: Friday, December 2nd from 6:00 to 8:00pm**
- **WHERE: Teamworks, 185 Otis Street, Northborough**
- **COST: \$15 per player (cash or check)**
- **WHAT TO BRING: Glove, Bat, sneakers (no cleats)**

Please RSVP to Chris Marques at: cmarques@townisp.com or call if you have questions: 508-579-2537