



## **Shrewsbury Colonials AAU**

### **Baseball Clinic**

### **For SLL Minors**



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! Minors tryouts are quickly approaching, scheduled for Feb 10<sup>th</sup>.

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 Minors evaluation.

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, January 27<sup>th</sup> from 6:00 to 8:00pm
- **WHERE:** Teamworks, 185 Otis Street, Northborough
- **COST:** \$15 per player (cash or check)
- **WHAT TO BRING:** Glove, Helmet, Bat, Sneakers or Cleats)

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