



Williamsburg Dad & Daughter Beginning Pitching School

6 - 9pm
Thursday March 8th, 2012

Instruction by: **Rita Lynn Gilman**

Held at:

Berkeley Middle School Gym
1118 Ironbound Rd
Williamsburg, VA 23188

Considered Richmond's premiere pitching instructor, Rita Lynn has 24 years of fast-pitch teaching experience. Owner of her own pitching school in Hanover County, she has influenced the careers of some of the best pitchers in the state. Before you ask, of course Moms can attend, too! We will cover the basic pitching mechanics with emphasis on arm whip, wrist snap, footwork, accuracy and speed building. Student's pitch speed will be clocked with a radar gun.

The optional pitcher's starting kit is a great start to the basic tools that will help a pitcher learn how to snap her wrist (clicker), how to create fast topspin (spin right spinner), to roll a ball off her fingers (ball on a stick), to keep her arm on the power line & release at her hip (flap) & to throw low strikes (rope).

A parent must attend with their daughter to learn how to pitch and how to coach correctly at home. Arrive 20 minutes early. Bring drinks, snacks, tennis shoes, glove, 6 softballs, notebook and a bucket with lid to sit on and to store your pitching tools in! You may contact Rita Lynn at 804 382-6211 or ritalynn.gilman@gmail.com. For more info see: www.softballpitchingtools.com

Registration Form

Cost is \$45 by March 1st, \$55 thereafter. Make check payable to Rita Lynn Gilman. Pre-registration is required.
Mail completed registration form and payment to: Jeff Vinson, 4749 Williamsburg Glade, Williamsburg VA 23185

Name she goes by: _____ Age _____ Birthdate _____

Address _____ Email (neatly!) _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Name of Parent attending: _____ League Affiliation/ Travel Team/School _____

My child has permission to participate in this program and I certify that she is in good health. In case of accident, injury or sickness, the clinic's staff has my permission to use their best judgement in the care of my child. I hereby waive and release Rita Lynn Gilman, Inc. and Berkeley Middle School from any & all liability from injury/illness. Legal Guardian's Signature: _____

Optional Pitcher's Starting Kit (\$55): Spin Right Spinner (\$25), clicker (\$10), ball on stick (\$10), flap (\$10) and rope (\$5).
You may pre-purchase & pick up 20 minutes prior to start time.