



200 GROUND BALL CLINIC



This camp enforces the fundamentals of fielding ground balls/turning double plays and all aspects of infield play. After establishing the good fundamentals, this camp will hone skills through instructional repetitions. The player will take at least 500 ground balls to reinforce the proper mechanics of fielding. The repetitions will build muscle memory for fielding ground balls the correct way and raise your game to another level. This is a perfect holiday break camp.

The program is designed for early motor skill development in young athletes. Bio-Mechanical studies have shown that the earlier an athlete learns the correct mechanics and begins to develop neuromuscular memory in such skills as fielding, running, jumping, throwing, swinging, etc... the more efficient his or her body will work when they mature.

THIS IS A \$50 HOLIDAY BREAK CAMP.

Contact mike@gweclub.com for details.

Ages 7-13

Tuesday

10:00 to Noon

1:00 to 3:00

(319) 373-0892 • 850 Twixt Town Road NE • Cedar Rapids, IA 52402

www.gweclub.com