

# PRO PLAYER

## S O F T B A L L



## High Performance Pitching Clinic

### OCTOBER 14th-15th, 2022

### Fri. OCT 14th: FREE COACHES/PARENTS PRESENTATION

7-9PM @ Country Inn & Suites (Conference Room) — 600 Tracy Tr, Crystal Lake, IL 60014

- (3) presentations will be given by Rick & Sarah:
  - The Inefficiencies in Pitching
  - The Building Blocks for Laying The Foundation
  - The Physics of Ball Movement

### Sat. OCT 15th: PLAYER SESSIONS

Pro Player Consultants - 5112 Prime Pkwy, McHenry, IL 60050

2 Sessions - 30 players/session

### Session 1 (10am-1pm): New/Intermediate Pitchers—\$150

- Learn safe, efficient basic mechanics of how to throw a fastball and throw for speed & accuracy.

### Session 2 (2pm-5:30pm): Advanced Pitchers—\$200 (Not for beginning level pitchers)

- Learn techniques and associated drills for throwing Advanced Movement Pitches such as a riseball, dropball, change up, curveball, and offspeed.

**PITCHERS MUST BRING A CATCHER/PARENT**

**RESERVE YOUR SPOT NOW!!!**

Email: [ProPlayerClinics@gmail.com](mailto:ProPlayerClinics@gmail.com)

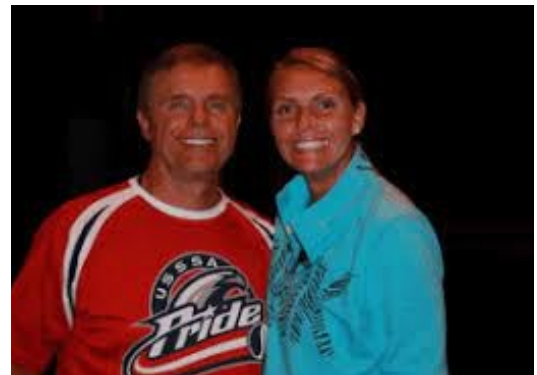
Text: 815.975.1481

Venmo: PPCanes-Fastpitch

#### ABOUT Rick & Sarah Pauly

Rick Pauly is a renowned pitching coach in the fastpitch softball world and has developed the High Performance Pitching program for teaching elite pitching mechanics at all ages and levels, as well as, developing a network of elite pitching instructors around the nation. Rick was previously the pitching coach at the D1 level at the University of Georgia and University of South Carolina-Upstate.

Sarah retired from an 18 year professional career as a fastpitch pitcher in 2021. She played professionally in the US in the National Pro Fastpitch league, as well as in leagues internationally in Italy, Australia, and Japan. Sarah also played D1 softball as a pitcher at University of Texas A&M Corpus Christi. Sarah set records and won championships at every level through her playing career.



Today Sarah & Rick provide private pitching instruction and travel the country to run High Performance Pitching Clinics and share their knowledge & experience with young softball pitchers.