

Norwalk Parks and Recreation Winter Pitching Camps

John Cross, the varsity baseball coach at Brien McMahon will once again offer 2 pitching camps on Thursday evenings this winter.

Fundamentals Camp 6:30 – 7:30 (10-12 year olds)

This camp is for the little league pitcher. Pitchers will develop consistent and fluid mechanics through repetition and structured drill work. This camp will reduce the risk of injury and increase the efficiency and consistency of the delivery.

Advanced Pitching Fundamentals Camp 7:30 – 8:30 (13-15 year olds)

This camp is for those players that have pitched through little league and are planning on pitching in Babe Ruth or for their high school teams. Pitchers will improve their mechanics through advanced drill work and in preparation for the upcoming season.

Dates: Thursdays, January 26 - February 2, 9, 16, 23 - March 1 (Make-up date March 8)

Cost: \$90.00 – Checks should be made out to the “Brien McMahon Dugout Club”.

Enrollment: Maximum of 16 kids per class.

Inclement Weather: Cancellation of a clinic will occur via email.

Registration forms can be found at www.mcmahonbaseball.com or email Coach Cross directly at crossj@norwalkps.org

In order to register please:

1. Email the following information to crossj@norwalkps.org

Participants Name -

Parents Name -

Class Preference -

Age -

Contact Number –

2. Send a check for \$90 made out to the “Brien McMahon Dugout Club” to the following address.

Brien McMahon High School

c/o John Cross

300 Highland Ave

Norwalk, CT 06854

Please indicate your child’s name on the check.

An email confirmation will be sent upon the receipt of the initial email and once the payment is received.

For additional information please contact John Cross at (203) 852-9488 ext. 12012.