



MY FIRST PITCH COACH TRAINING 2018

Coach Training Open to all Associations

My First Pitch is the official introduction to Baseball Canada's pitching program. The program is designed for all young baseball players. My First Pitch introduces topics such as grips, pitching mechanics and proper throwing techniques while demonstrating multiple drills to identify and correct major pitching flaws. The program also helps coaches, athletes and parents understand the rationale behind Baseball Canada's pitch count approach.

For each association that registers 5 or more coaches will receive a free training kit with a retail value of more than 150\$. These kits will be forwarded to the participating association following the completion of training.



**April 30th– Rothesay
Harry Miller School
6:30PM – 8:30PM**

**May 1st – Grand Falls
école Sacré-Coeur
6:00PM-8:00PM**

**May 2nd – Salisbury
JMA Gymnasium
6:00PM-8:00PM**

**May 3rd – Miramichi
MVHS Gymnasium
6:00PM-8:00PM**

**May 4th - Fredericton
YMCA Gymnasium
6:00-8:00PM**

Registration is FREE