

HRYS Winter 2010 Clinics

General Skills, Pitching & Catching, and Softball Athletic Conditioning
Herndon Reston Youth Softball



Register for Spring Softball at HRYSfastpitch.com/register
Visit our website for more information www.HRYSfastpitch.com

HRYS softball has three exciting clinics for all levels of fast pitch softball players.
General Skills, Pitching & Catching, and Softball Athletic Conditioning

Learn how the game of fast pitch softball is played!

Improve your throwing, batting, & fielding skills before Spring season!

Warm up your pitching arm and catcher's glove!

Become a faster & stronger player!

HRYS Winter Softball Athletic Conditioning Clinic 2010

Ages 12 and up

If you want an edge over the competition come to our conditioning clinics!
Certified Personal Trainer, **Jeff Burden**, from the [Herndon Community Center](#), will lead you through strength and conditioning workouts specific to Softball. The focus will be total body strength & endurance as well as injury prevention.

Not only will you be stronger but you'll be faster too!

Jeff Burden

- ~ Fitness Assistant at the Herndon Community Center ~
- ~ Graduate of the University of North Carolina with a Masters in Exercise Kinesiology ~
- ~ Certified Strength and Conditioning Coach ~
- ~ Certified Personal Trainer ~
- ~ American Council on Clinical Exercise Specialist ~
- ~ USA Track and Field Level 1 Coach ~

15 pre-season sessions during January and February at the [Herndon Community Center](#)

Fridays: January 08, 15*, 22*, 29* and February 05, 12, 19*, 26

Wednesdays: January 13, 20, 27 and February 03, 10, 17, 24

Time: 7:30-8:15PM

*Note on Jan15, 22, 29, and Feb 19 the clinics will start at 7:15 PM

Cost: \$10 per player/per session

General Skills and Pitching & Catching Clinics on next page



HRYS Winter General Skills Clinics 2010

HRYS, in cooperation with several coaches from the South Lakes and Herndon High School softball programs, will be holding 5 two-hour general softball skills clinics on Sunday afternoons and evenings at [South Lakes High School](#) in the main gym.

Clinics will be lead by these high school coaches and assisted by HRYS coaches.

Dates: (Sundays) January 10, 24 and February 07, 14, 28

Times: Grades 1-8 (4:00-6:00pm) and Grades 9-12 (6:00-8:00pm)

New Date Added – February 21

HRYS Winter Pitching & Catching Clinics 2010

HRYS, in cooperation with several coaches from the Herndon High School softball program, will be holding 6 one-hour pitching and catching skills clinics on Friday evenings at the

[Herndon Community Center](#)

Dates: (Fridays) January 08, 15, 29 and February 05, 12, 26

Time: 6:30 to 7:30 PM

To help defer the cost of the gym for the General Skills and Pitching & Catching clinics, the league is asking for a donation for the clinics - \$8.00 per session per clinic.

Catching Clinics – Free for players who stay after the clinics to assist pitching clinic.

If a player is unable to contribute, she will not be turned away from the clinics.

Send an email to commissioner@hrysfastpitch.com and request a waiver

Questions about General Skills, Pitching & Catching, or Conditioning?

Send an email to clinics@HRYSFastpitch.com