

Beginner's Pitching Classes

*Learn the correct mechanics and fundamentals of fastpitch pitching from former NCAA Division I head coach **Dr. Judy Favor**, owner of **In the ZONE Training, Inc.** In 10 years as an NCAA D1 and D2 collegiate head coach, Coach Favor developed 28 All-Region players, 8 NCAA All-Americans, 2 professional players, and 1 Olympian.*

Class Design and Focus: This class is designed for pitchers who want to learn to pitch and/or have had less than 1 year of professional pitching instruction from a credentialed instructor. Class focus is on learning proper mechanics that will allow young pitchers to maximize speed and continue developing.

Class Size: To ensure quality instruction, each class will be limited to 3-5 pitchers.

Dates: Each class meets for 1 hour on three Friday evenings providing 3 hours of instructional time.

Choose one session:

Session 1: Fridays Jan. 13, 20, 27; Time: 6:00 - 7:00 pm

Session 2: Fridays Jan. 13, 20, 27; Time: 7:00 - 8:00 pm

Session 3: Fridays Feb. 3, 10, 24; Time: 6:00 - 7:00 pm

Session 4: Fridays Feb. 3, 10, 24; Time: 7:00 - 8:00 pm

Ages: 8 -12 (Beginners - less than 1 year of instruction from a credentialed instructor.)

Location: All classes will be held at Between the Lines Elite Sports Academy; 8245 Hedge Lane; Shawnee, KS 66227 (K-7 and 83rd Street)

Fees: \$90 (plus \$45 facility fees for non-BTL members)

To Register: Download registration form at www.inthezonesoftball.com and mail registration and \$30 registration fee to:

**In the ZONE Training, Inc.
110 S. Janell Drive
Olathe, KS 66061**

Questions? Contact Coach Favor at coachfavor@inthezonesoftball.com or 913-626-6751



****Each pitcher should bring a ball, glove, and tennis shoes****