

## HMBR's Lerner Baseball Clinics

Hopkins-Minnetonka Babe Ruth, serving the youth baseball community at the 7th-9th grade level in Hopkins School District 270, is proud to invite you to attend our annual *Winter-Spring Lerner Baseball Clinics*.

Head Coach Neil Lerner and his Hopkins High School Coaching staff will once again lead this year's clinic. Players will have the opportunity to work to improve their hitting fundamentals in one of the best baseball training facilities in the nation. The 6 automatic cages and 6 hitting tunnels will allow players to get many repetitions working on their swing. This is a great opportunity for players that Coach Lerner and his staff are excited about!

**AGAIN THIS YEAR: Current Hopkins High School Players will be helping to lead the camps. Players will get a chance to interact and learn from the current members of the Hopkins High School Varsity Team.**

### INSTRUCTIONAL STAFF:

Coach Lerner played baseball at Hopkins High School and then went on to play at St. Olaf. He has been an instructor at Lunch McKenzie's Baseball USA for many years. Before becoming the Head Coach at Hopkins, Coach Lerner served as an assistant coach at Concordia University. Others will recognize Coach Lerner as a social studies teacher at Hopkins WJH.

Coach Lerner's staff includes Varsity assistants Kevin Strong and Pat Berger (Pitching), Head JV Coach Matt Mossiman and Head Sophomore Coach Jon Gallop. HMBR travel and house league coaches will also assist.

Collectively, this instructional staff represents some of the best youth baseball coaches and teachers in the state of Minnesota, and the instructional team is dedicated to raising the level of play and sportsmanship of every clinic participant. The HHS baseball teams coached by Neil Lerner were Classic Lake Conference Champions in 2006, 2007 and 2008. **In 2009,**

**the Royals won the Section 6AAA section championship, and participated in the MN State High School Baseball Tournament.**

### CLINIC DETAILS:

*All current and potential HMBR players are invited to attend the clinic sessions* which are to be held at Player's Only and the West Junior High Activity Structure.

These sessions will allow players to stretch out and throw under the guidance of Coach Lerner. Join us to warm up for the new season in this informal but fun format. If you have not had the opportunity, this will give you the chance to meet Coach Lerner.

Please arrive 15 minutes early for your session. \* The player's league age is the age they will be on **May 1, 2010**.

### WHAT TO BRING:

*Come prepared to play baseball!*

Wear baseball/practice apparel (**no jeans, no cut-offs, no collared shirts**) and appropriate footwear. Footwear should be clean and gym floor-friendly tennis, track or basketball shoes. Also wear athletic support and cup and bring a glove. Optional items include: bat, batting gloves, batting helmet and water bottle.

### CLINIC SESSIONS 1,3,5: OFFENSIVE SKILLS

#### LOCATION: **PLAYER'S ONLY**

Visit [www.playersonlyinc.com](http://www.playersonlyinc.com) for directions

Friday Jan 29, 2010: 7:00 - 9:00 p.m

Friday Feb 12, 2010: 7:00 - 9:00 p.m

Friday Feb 26, 2010: 7:00 - 9:00 p.m.

Through Drills, station work, live batting practice, time in the batting cage, as well as "batting cage games" players will have the opportunity to improve their hitting technique and to get ready for tryouts and the upcoming season.

These sessions will include work on the following:

- **Technique (grip, stance, contact point, bat path, follow through and balance)**
- **Mental Approach to hitting**
- **Situational Hitting**
- **Drills players can use to correct swing faults**
- **Bunting Technique (base hit and sacrifice bunts)**

### CLINIC SESSION 2: DEFENSIVE SKILLS

#### LOCATION: **WJH ACTIVITY CENTER**

Saturday, February 6, 2010

15 year olds (League Age\*): 5:00 - 6:20 p.m.

14 year olds (League Age\*): 6:20 - 7:40 p.m.

13 year olds (League Age\*): 7:40 - 9:00 p.m.

Players will work on the defensive fundamentals of the game at this session. Proper throwing technique, along with the fundamentals of infield and outfield play will be stressed.

This session will include the following:

- **Throwing technique (Grip, Arm Circle, Long Toss)**
- **Fielding all types of ground balls (Backhands, Forehands, Slow-rollers, etc.)**
- **Proper infield footwork, including turning double plays**
- **Outfield work (Catching fly balls, communication, outfield priority and hitting the cut-off man)**

### CLINIC SESSION 4: POSITION SPECIFIC TRAINING

#### LOCATION: **WJH ACTIVITY STRUCTURE**

Saturday February 20, 2010

15 year olds (League Age\*): 12:00 - 1:30 p.m.

14 year olds (League Age\*): 1:30 - 3:00 p.m.

13 year olds (League Age\*): 3:00 - 4:30 p.m.

This session is designed for all HMBR players to learn more than just the fundamentals of their position. Players will be divided into groups based on the position they play or want to learn more about.

Players will learn the "little things" to make themselves better at their specific position.

Players will have the opportunity to work with two of the four areas.

**\*\*\*REGISTRATION\*\*\***

***\*\*All Clinic Sessions require  
advance on-line registration  
and paid clinic fees of \$99.00.  
[www.hopkinsbaseball.com](http://www.hopkinsbaseball.com)***

***Mark all personal items clearly as the league will  
not be responsible for lost or stolen items.***

*DPR\_ Lerner Baseball Clinics 2010*