



2021-22 Winter Indoor Baseball Development Clinics

Winter Indoor Clinics are BACK !!!!

WMBA will be offering winter development clinics again this year.

There is no better way to be ready for next season than to build on your skills with our Winter Clinics.

Clinics will be offered to any registered West Mountain Baseball Player from 9U (RookieBall) to 15U (Bantam).

Come out and work on you fielding, throwing, pitching, catching and hitting.

NEW - This year we will be offering **advanced skill development clinics** for 9U (Rookie), 11U (Mosquito), and 13U (Peewee) for those players looking to improve their skills for the select level. The advanced clinics will work to expand upon our regular clinics with a focus on proper mechanics. While this clinic is open to all it is better suited for the more experienced ball players looking to take their game to the next level.

**** note players cannot attend 2 clinics in one day****

Clinic Rules for Indoor Clinics as per our Rental Agreement

The following protocols must be followed when attending the WMBA Indoor Winter Clinics.

- Download the ONDeck app from Baseball Ontario. Once you have registered, click on "Return to Sport", then "For Participants, Parents", "Attendance Tracker", then fill out your child(ren)'s name and the information when you get to "your affiliate" enter Hamilton District Baseball Assoc. This must be done prior to each and every clinic that your child(ren) attend. This also applies to the coaching staff.
- Parents are asked to keep their children at home if there is a change in their health Covid related or Otherwise.
- All attendees must additionally sign-in at the entrance answer our standard covid questions and have their temperature taken.

Do you have a fever, new or worsening cough, shortness of breath or other symptoms of covid?

Have you recently had close contact with someone who has covid or is suspected of having covid?

If you answer yes to any of the above please do not attend the winter clinic.

- Players must have their own equipment – glove, bat, water bottle, mask. Mask are to be worn at all times when not on the gym floor participating in drills. Clinic attendance is capped at 25 participants to ensure that safe distancing can be maintained at each of the stations.
- No gum chewing
- No handshaking, high fives.
- **No parents/spectators are allowed into the gym.** Parents may come in to the entrance to drop their child off and ensure the required info has been completed for their child(ren) and payment has been made.
- Hand sanitizer bottles will be available at various points in the gym. Hand sanitize before moving to the next drill area
- All Equipment will be sprayed or wiped down with sanitizer at the end of each clinic.



2021-22 Winter Baseball Development Clinics

Register at > winterclinics@wmbacougars.com

Cost is \$10.00 per session – payment due at each session – cash only (no E-transfer or PayPal)

***** clinic dates and times may change due to gym availability and any changes to the Covid restrictions*****

Registration is limited to 25 kids per session due to gym size.

Registrants are taken on a first come basis, and will be confirmed by return email.

Please Include the following - your child(s) name, birth year, and which clinic(s) they want to attend

Clinics are being held at

Calvin Christian School - 547 West 5th Street

Clinic Dates:

November 6th

Session 1A: 9U RookieBall/ 11U Mosquito) House League – 12:00-1:15pm

Session 1B: 13U PeeWee/ 15U Bantam House League – 1:30-2:45pm

Session 1C: 9U RookieBall – Advanced Skill Development – 3:00-4:15pm

Session 1D: 11U Mosquito/ 13U PeeWee – Advanced Skill Development – 4:30-5:45pm

November 13th

Session 2A: 9U RookieBall/ 11U Mosquito) House League – 12:00-1:15pm

Session 2B: 13U PeeWee/ 15U Bantam House League – 1:30-2:45pm

Session 2C: 9U RookieBall – Advanced Skill Development – 3:00-4:15pm

Session 2D: 11U Mosquito/ 13U PeeWee – Advanced Skill Development

November 20th - No Clinics

November 27th

Session 3A: 9U RookieBall/ 11U Mosquito) House League – 12:00-1:15pm

Session 3B: 13U PeeWee/ 15U Bantam House League – 1:30-2:45pm

Session 3C: 9U RookieBall – Advanced Skill Development – 3:00-4:15pm

Session 3D: 11U Mosquito/ 13U PeeWee – Advanced Skill Development - 4:30-5:45pm

December 4th

Session 4A: 9U RookieBall/ 11U Mosquito) House League – 12:00-1:15pm

Session 4B: 13U PeeWee/ 15U Bantam House League – 1:30-2:45pm

Session 4C: 9U RookieBall – Advanced Skill Development – 3:00-4:15pm

Session 4D: 11U Mosquito/ 13U PeeWee – Advanced Skill Development - 4:30-5:45pm

December 11th

Session 5A: 9U RookieBall/ 11U Mosquito) House League – 12:00-1:15pm

Session 5B: 13U PeeWee/ 15U Bantam House League – 1:30-2:45pm

Session 5C: 9U RookieBall – Advanced Skill Development -- 3:00-4:15pm

Session 5D: 11U Mosquito/ 13U PeeWee – Advanced Skill Development - 4:30-5:45pm

December 18th

Session 6A: 9U RookieBall/ 11U Mosquito) House League – 12:00-1:15pm

Session 6B: 13U PeeWee/ 15U Bantam House League– 1:30-2:45pm

Session 6C: 9U RookieBall – Advanced Skill Development – 3:00-4:15pm

Session 6D: 11U Mosquito/ 13U PeeWee – Advanced Skill Development - 4:30-5:45pm

2022 Dates: To Be Announced !