On <u>February 23<sup>rd</sup>, 2015</u>, all prospective Florence & Florence County baseball coaches are invited to a coach's clinic held at <u>Wilson High School's auditorium</u> at <u>6:30pm</u>.

The clinic will be led by:

**Coach Inabinet** – Francis Marion University Patriots Baseball Coach

**Coach Kolodziej** – Wilson High School Tigers Baseball Coach

Dave Stoklosa - McLeod Health & Fitness

## **Topics of Discussion:**

1) Mental aspect of coaching, managing teams, attitudes, communication, and the importance of a coach in a child's life.

2)How to coach hands-on baseball fundamentals: proper throwing and fielding, catching pop flies, hitting, base-running, pitching and catching.

3) Avoiding arm injuries and other health concerns.



## Coach's Clinic

Led by Francis Marion University and Wilson High School Baseball Coaches