

Yarmouth Little League Softball will hold free clinics for interested players in grades 1-9, starting March 14th! They will be held at **The Topsham Indoor Sports Complex (former Rollerworld and Dome) - Seacoast United at 20 Atwood Road in Topsham.**

Clinics will be organized and run by Sandra Sanford and Jennifer Wardwell, with assistance from Yarmouth High School players, and Little League coaches and volunteers.

Please note, we are limited to **50 people max.** at these facilities - this includes coaches and players, so we cannot accommodate parents while the clinics are in session. **Masks are required at all times.** We ask participants to bring and label their own water bottles, and if possible, hand sanitizer. We will have extra hand sanitizer available as well.

Please **pre-register** your daughter not only to secure their spot in each clinic they plan to attend, but also to help ensure we stay below the facility guidelines. You can pre-register by emailing [llawill8@gmail.com](mailto:llawill8@gmail.com) the following information:

**Name:**

**Grade/Age:**

**Softball experience: (e.g., tee ball and farm, or first-time player, etc.)**

**Registered for Little League Softball: Yes or No**

**Clinics attending:**

Please read the details below *carefully* regarding times, location, age breakdowns, equipment needs, and clinic descriptions as they differ from date to date. If you have specific questions, please let us know.

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**Sunday, March 14th - 9:30-12:30 (Rollerworld)**

Throwing and Defense/Fielding

9:30-11:00 - 1st-4th Grade

11:00-12:30 - 5-9th Grade

This clinic will focus entirely on proper throwing and fielding technique and will include stations to focus on specific skills.

**Equipment needed:** Glove, sneakers, personal water bottle

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**Saturday, March 20th - 9:30-11:30 (Dome)**

Hitting & Baserunning

9:30-11:30 - All Grades

This clinic focuses on proper hitting and baserunning technique and will include various stations to practice good form.

**Equipment needed:** Glove, sneakers, personal water bottle

**Optional:** bat, helmet, batting gloves

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**Sunday, March 21 - 9:30-12:30 (Rollerworld)**

Pitching and/or Extra Help Sessions *\*please indicate if you will attend one or both clinics*

9:30-11:00 - Pitching (all ages/abilities)

11-12:30 - Extra help (offense and defense station work, catching) - All ages

The **pitching clinic** will be run by Jennifer Wardwell and Nicole Sears - both former Division I Softball pitchers. This is designed for first time pitchers, experienced pitchers and everything in between! We will break down the motion into small parts and for those with more pitching experience, we will continue to improve your form and increase accuracy.

**Extra help** includes a variety of stations to work on ground balls, hitting, throwing or anything else softball related. This is a great opportunity to build confidence in your skills!

**Equipment needed (Pitching):** Glove, sneakers, personal water bottle and someone to catch your daughter. This can be a sibling, friend, parent, etc. Catcher's gear is not required. Just do your best : )

**Equipment needed (Extra help):** We'll have a lot of this gear, but they should bring a glove and sneakers and if they have a bat and helmet (and want to work on hitting), great!

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