



The MVP Band is unlike your typical exercise tube. The unique neoprene wrist cuffs enable a player's hands to remain free of the device, therefore enabling the user to isolate the stretch more directly to the rotator cuff muscles. In addition to pre-game warm-ups, players will also find benefit from using the MVP Band in-between innings by simulating a throwing motion right inside the dugout. With more than 21 exercises and six warm up stretches, the MVP Band and Program is thorough.

For Little League Baseball and Softball, the MVP Band and Program has implemented three pre-game stretches and seven band exercises that every player should perform before they begin practices or games. For more information about the MVP Band and Program, visit www.mvpband.com.



www.LittleLeague.org



Positive Coaching Alliance (PCA), Established in 1998 by founder and Executive Director, Jim Thompson, was created to transform the culture of youth sports to give all young athletes the opportunity for a positive, character-building experience, while enlightening and educating adult volunteers on what it means to "Honor the Game."

It is based at Stanford University's Department of Athletics in Palo Alto, Calif. For more information on Positive Coaching Alliance, visit its website, at: www.positivecoach.org



www.LittleLeague.org

GREAT COACHING STARTS HERE

LITTLE LEAGUE COACHING CLINICS



**San Antonio, TX
February 27, 2010**

Little League Southwestern Region
P.O. Box 20127
Waco, TX 76702
254-756-1816
southwestregion@LittleLeague.org

Clinic Location:
Windcrest Civic Center
9310 Jim Seal Drive, Windcrest, Texas

Register via the regional center



**Learn from the country's leading
experts on coaching**

Name _____
 League _____
 Title _____
 Address _____
 City _____ State _____
 Zip _____ Phone (H) () _____
 E-mail _____
 List any additional volunteers who wish to attend the clinic & their titles _____

FEE

\$25.00 Clinic Fee (per person)-- Includes all material, and lunch.

Please Note:

- *Reservations are limited and payment must be received to guarantee your reservation(s).*
- *Reservations CANNOT be made via telephone.*
- *Payment can be in the form of a credit card or check.*

Credit Card Type (Please ✓): MC _____ Visa _____

Credit Card # _____

Exp. _____ Signature _____

Amount to be charged _____

OR send check made payable to:

Little League Southwestern Region
 P.O. Box 20127
 Waco, TX 76702
 southwestregion@LittleLeague.org • 254-756-1816

At the Little League Coaching Clinic, you'll learn all that you need to improve your coaching ability, to reach the players you're coaching, and to make the league a great place for children and parents alike.

No matter how many years you've been coaching, Little League Coaches Clinics have something for you.

Itinerary:

8:00 AM- 9:00 AM - Registration

9:00 AM - 10:30 AM - Positive Coaching Alliance - Little League Double Goal Coach Workshop

10:45 AM - 12:15 PM - MVP Powerbands - Arm Strengthening and Conditioning / Throwing Mechanics

12:15 PM- 1:15 PM - Lunch

1:15 PM - 3:30 PM - Baseball Factory - fielding and catching techniques, progressions and drills

3:45 PM - 5:00 PM - Baseball Factory - hitting / pitching techniques. Progressions and drills



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BASEBALL FACTORY™

Baseball Factory, the Official Player Development Partner of Little League Baseball, is excited to offer clinics, camps and other training events for players in your league. Baseball Factory holds over 250 events nationwide to assist players in their skill development and increase their overall enjoyment while playing the game of baseball.

Events are held for players at the Little, Junior, Senior and Big League age level. Baseball Factory has assisted over 40,000 players since 1994 and 216 Baseball Factory alums have gone on to play in the majors. As you prepare for your 2010 season, please visit www.baseballfactory.com to see when Baseball Factory will be coming to a ballpark near you!



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