



# Pitching

## Open Gym Times

Jan. 18 & 25 Feb. 1 & 8 (Sunday's)  
Session 1 - 7:00-8:00pm - \$20/athlete  
Session 2 - 8:00-9:00pm - \$20/athlete

- No group instruction.
- Sarah will be there if you wish to ask questions.
- This is open time for pitchers to keep throwing.
- You must bring a catcher.
- Balls and plates will be supplied.

To register you must email Elishia [esstordy@sasktel.net](mailto:esstordy@sasktel.net) with your child's name and session 1 or 2. Payment must be received via mail before December 31, 2008.

### **Sarah MacKay**

- Gold Medal Instructor since 2004
- Pitching Coach – Gold 93 & 94 teams
- Pitching Coach Saints Pee Wee 07'
- Played in Australia 05' & 06'
- Played for the Saints & Gold

**To register email  
Elishia Stordy at  
[esstordy@sasktel.net](mailto:esstordy@sasktel.net)**

**Please then send payment to  
Elishia Stordy  
330 Froom Cres  
Regina, SK S4N1B7**

**Cheques payable to  
Elishia Stordy**

Please arrive at the earliest 10 minutes before your session!

~ St. Augustine School - 2343 Edgar Street ~  
Please use doors on South Side of School  
**NOTE CHANGE OF DOOR ENTRANCE**