

2019 Winter Youth Pitching Clinic



THE ATHLETIC BARN
— **BASEBALL ACADEMY** —

- Cost:
 - \$75
- Date:
 - Wednesday 1/2 and Friday 1/4
- Time:
 - 8:30am – 10:30am
- Where:
 - The Athletic Barn
 - 2068 Foster Ave Wheeling IL 60090
- Who:
 - It will be run by Jack Andersen and Josh Daniels.
 - It will be staffed by Barn employees as well.

Here is some info on Jack Andersen:

- Trained at The Barn throughout high school, college & professional career.
- Graduated from Fremd High School in 2012
- Played college baseball at UIC from 2012-2017
- Member of the 2017 UIC team that advanced to the NCAA regional tournament in Hattiesburg, Mississippi.
- Selected to the All-Horizon League team in 2017 and finished 10th all time in innings pitched at UIC.
- Played professionally in the Frontier League for the Windy City Thunderbolts in 2018.

Here is some info on Josh Daniels:

- Went to Concordia University Chicago, Harper College, Carthage College
- Academic All Conf in '11-'12, Carthage's "Pitcher Of The Year" '13, CCIW Conference Champs '15, Signed with the Windy City Thunderbolts of the Frontier League in '17
- Assistant Coach/GA Carthage College '15-'16, Pitching Coach at Harper College '16-'18.

About the clinic:

- Youth players only: 4th – 8th Grade.
 - Players will be split up based on talent and age
- 20 player limit.
- The boys will learn:
 - Game awareness and mound presence
 - Holding runners, working a count, and mentally being 'The Man' on the mound!
 - Arm care
 - How to increase arm strength properly! At all ages!
 - HOW TO EFFICTELY THROW WITH AGGRSSIVE INTENT!!!
- Not many are not blessed with being handed a flame thrower for an arm at birth, so the boys will be taught how to throw with the confidence as if they have that arm! You are as big and strong as you think you are.

Jack and Josh have years of experience and are excited to share all their knowledge with our young athletes.