

# INTERACTIVE OVERHAND THROWING CLINIC

**2 CLINIC DAYS**

**+ 2x Video Assessments  
+1 Homework assignment**

**\$49**

## WHEN

July 23<sup>rd</sup> & August 20<sup>th</sup>  
2pm – 3:30pm

## WHERE

**SOFTBALL CENTRAL**  
1800 BROADWAY  
Buffalo, NY 14222



## FEATURING

Jesse Rosenhahn Elite Sports Training Owner

## REGISTER AT

[WWW.ESPORTST.COM](http://WWW.ESPORTST.COM)  
AGES 9 & UP

## WHAT TO BRING

- **GLOVE & SNEAKERS, THE CAMP IS INDOORS**
- **A NOTEBOOK & PEN**
- **PARENTS ARE WELCOME**
- **VIDEOTAPING IS ALLOWED**

CONTACT JESSE ROSENHAHN [JESSE@BUFFALORECRUIT.COM](mailto:JESSE@BUFFALORECRUIT.COM)  
OR 716-390-2034 (TEXT FIRST)

## WEEK 1 - JULY 23<sup>RD</sup> CLINIC

- Warm-up & Videotape
- Pre-Assessment
- Mini Throwing Seminar
- Introduce drills

## WEEK 2

### VIDEO ASSESSMENT

We will email a video analysis to you.

## WEEK 3

### HOMework ASSIGNMENT

Player is expected to practice drills that she learned from the clinic on her own. Specifically ones mentioned in her personal analysis.

## WEEK 4 – August 13<sup>th</sup> CLINIC

- Warm-up drills
- Post-Assessment
- Mini Throwing Seminar
- Chalk Talk

## WEEK 5

### VIDEO ASSESSMENT

Player will email us a video to analyze within 1 month after the clinic

## ASSESSMENT INCLUDES

Speed of Overhand Throw  
Spin Rates  
Spin Axis  
Mechanical Checklist

Take Home  
Assessment &  
Video Analysis!