



# CENTRAL SAANICH LITTLE LEAGUE

Sportsmanship Character Leadership

## FREE COACH & PLAYER CLINICS

Attend one or as many as you can!

Sundays - Jan 15, 29 Feb 5, 19 & Mar 5, 19

Instructors and appearances by:

- Brad Weinmeyer - Victoria Mariners Premier Team coach and Batter's Box owner
- Mike Chewpoy - Victoria Mariners General Manager & Premier Team Head Coach
- Randy Holt - Victoria Mariners Pitching Coach
- Jason Willow - current member of Canada's Junior National team
- Other Victoria Mariners players and coaches



Division	Ages	Times
Majors thru Junior	11-14	1030am-12am
Rookies thru Minors	8-10	12pm-130pm
Minis	7-8	130pm-230pm

Not sure of the age? Check it out at [www.cslittleleague.com/age-levels](http://www.cslittleleague.com/age-levels)



### Coaches

We need you! Come get the best training on the island! We want to provide our coaches with the tools they need to have a fun and successful season. We have partnered with Brad Weinmeyer (a previous US college player and premier baseball coach) plus the Victoria Mariners Premier League baseball association to provide **up to 9 hours of FREE pre-season training for you**. We want coaches to get hands-on training to learn how to **develop your team's core skills in a fun and positive atmosphere**. This will give you the tools to make practices and games more exciting no matter what the age!

### Players

We need your help to participate in the drills! Our coaches can learn best by hands-on experience. The drills will be fast paced, exciting and fun! You will be run through stations designed by coaches who understand and have played the game at a higher level. Limited spaces are available for each age group so please register early!

### Parents

Our Little League believes kids learn better when they are having fun. We want to make sure everyone learns the core skills to this great game of baseball. By partnering with Batter's Box and the Victoria Mariners we are all dedicating ourselves to teaching our coaches & players. But we don't end training in the pre-season. We plan to hold in-season player jamborees, pitching clinics plus coach and parent clinics so everyone can work together to make baseball more enjoyable. This way everyone wins!

**SIGN UP EARLY! SPACES ARE LIMITED! COACHES AND PLAYERS NEED TO PRE-REGISTER.**

Please email us at [president@cslittleleague.com](mailto:president@cslittleleague.com). Clinics will be held at the **Panorama Rec Centre Indoor Tennis Courts**.