

PORTLAND BASEBALL CLUB

offering

The Art of the Changeup

Have you ever thrown a pitch that cut, sank, or ran out of the strike zone? Do you know why or how you made that happen? Do you throw with ball movement when you want to? Can you throw a changeup? Do you understand the science behind the change up? Why does the baseball sink or run? How do big leaguers throw with so much movement? What is the natural action of your arm? What's wrong with a curve ball? How do low velocity pitchers have success?

If you have ever asked yourself one or more of these questions, then we have a 1 hour class especially for you. Korey Kier from Mt. Hood Community College will be doing a class entitled, "The Art of the Changeup", on Monday December 21st from 7:00 - 8:00pm. Korey will work with pitchers ages 13-18 to understand and develop their changeups as well as adding movement to the baseball. Pitchers with movement and the ability to effectively change speeds are devastating against hitters. Can you change speeds effectively?

What: The Art of the Changeup

Who: 13-18 year old pitchers who want to learn to throw effective changeups

When: Monday December 21st from 7:00 - 8:00pm

Where: Portland Baseball Club at 125 SE Stark St., Portland, OR 97214

Cost: \$30 per player

What to Bring: Glove, tennis shoes, desire to learn

Registration is limited to 8 players. Be sure to reserve your spot ASAP. Please pre-register by Friday December 18th. Send in the paperwork below to secure your spot.

Portland Baseball Club - The Art of the Changeup

12-21-09

Name: _____ Age: _____

Address: _____

City: _____ State: _____ Ziip: _____

School: _____ Year in School: _____

Email: _____ Phone: _____

Payment (Circle One): Cash Check Amount: \$ _____

Return to: Portland Baseball Club - 22407 SW Meissinger Place - Sherwood, OR 97140

For any questions, call Joe Taylor at 503-380-5685 or email jtaylor@portlandbaseballclub.com