

# INTERACTIVE OVERHAND THROWING CLINIC

**2 CLINIC DAYS – 3.5 hrs**  
**+ Slow Motion Video**  
**+ Video with Speed Readout**  
**+ Video Assessment**

**\$30 PER PLAYER**  
(MINIMUM OF 8 PLAYERS,  
DOES NOT INCLUDE FACILITY COST)

## WHERE

**At your own Facility or**

SOFTBALL CENTRAL  
1800 BROADWAY  
Buffalo, NY 14222



## FEATURING

**Jesse Rosenhahn**

Elite Sports Training Owner

Video Comparisons with 2 Players throwing over 60 mph

## Facility Needs

A facility big enough to have your whole team throw while partnered up.

A space to have a seminar with dim lights. Preferably a table and chairs but not mandatory.

Jesse can travel with projector and screen.

## What to bring

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

## DAY 1 (1.5 HRS)

### CLINIC

- Warm-up & Videotape
- Videotape Speeds
- Mini Throwing Seminar
- Introduce drills

## OVERNIGHT

### VIDEO ASSESSMENT

We will email a video analysis and speed videos to every kid on your team. Head coach gets copy of each kids video and list of speed readings.

## DAY 2 (2 HRS)

### CLINIC

- Video Analysis & Seminar Review
- Drill Warm up #1
- Drill Stations #2
- Video Review Station
- Speed Readout Station
- Slow Motion Video Station

## ASSESSMENT INCLUDES

Speed of Overhand Throw  
Speed of Delivery  
Stride Length

