



CENTRAL SAANICH LITTLE LEAGUE

Sportsmanship Character Leadership

Register for your FREE 2016 winter clinics!

Jan 9, 31 Feb 7, 21 & Mar 6

Attend one or as many as you can!

Instructors to include:

**Victoria Mariners Premier League baseball coaches
Previous member of Canada's National Junior team
Experienced Division One University baseball players**

<u>Division</u>	<u>Ages</u>	<u>Times</u>
Majors/Int	11-13	9am-11am
Minors	9-10	11am-1pm
Minis/Rookies	7-8	1pm-2pm
Tball	5-6	2pm-3pm
Not sure of the age? Check it out at 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 the Victoria Mariners Premier League baseball association to provide up to 10 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 the Premier League coaching staff. Limited spaces are available for each age group so please register early!



Parents

We have evolved! Our Little League has recognized that it's ok to ask for outside help in developing our league. We want to make sure everyone learns the core skills to this great game of baseball. By partnering with the Victoria Mariners Premier League association we are all dedicating ourselves to teaching our coaches who will then be better prepared to teach our children how to play baseball.

But we don't end training in the pre-season. We plan to hold in-season jamborees so they can work together with the Mariners players to reinforce what they've learned from the winter clinics. This way everyone wins!

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

Please email us to sign up at president@cslittleleague.com . Clinics will be held at the **Panorama Rec Centre Indoor Tennis Courts**. More details to follow!

Come join us and see what we're all about!