

Sunday's EKSTRA

“Extra Knowledge & Skills for
Tuckahoe’s Rising Athletes”



Sunday’s EKSTRA clinics combine 90 minutes of instruction, demonstration, repetition, and FUN!

- Small group sessions provide focused learning and direct feedback
- Sessions offer training in any of four fundamental areas of the game including: *fielding, pitching, catching, and hitting*
- The TSI instructors are trained to see a player’s area of weakness and will suggest drills for improvement

The goal is to provide additional position specific knowledge to improve a player’s skills and understanding of the game.

All sessions will be held at the Tuckahoe Sports Training Center
(1:00 – 2:30 PM)

Session 1: March 21

Session 3: May 2

Session 2: April 18

Session 4: May 16

Cost: \$10 per session OR \$25 for all 4 sessions (only players attending 2 of the first 3 sessions are eligible for Awards distributed after the May 16th Skills Contest).



Space is limited to the first 50 players. To register, call 360.3395 or visit the Tuckahoe Sports Training Center. Players will be asked to declare a skill area upon registration.