

# SOFTBALL PITCHING 101

## GIRLS GRADES 3-8

### FASTPITCH

The Skokie Park District is offering pitching lessons for youth girls who want to learn basic pitching skills. This introductory class will emphasize proper grip, wrist flip, footwork, the windmill motion, release and follow through.

Instruction will be provided by a  
Niles North Varsity Softball Coach.

#### Details

Dates: Wednesdays in January & February  
Beginning January 11<sup>th</sup> – 7 clinic dates total!

Time: 5:30 p.m.-6:30 p.m.

Location: Weber Center Gymnasium

Cost: \$40 resident, \$50 non-resident

Registration  
Code: 450545-01

Please register on-line at [www.skokieparks.org](http://www.skokieparks.org) or in person at the Weber Center, 9300 Weber Park Pl., Skokie, IL 60077. Please direct questions, please contact Coach Karin Wick at 847-626-2950 or John Frake, D219 Youth Softball Coordinator at (847) 254-7104.

