

DC-HDJ Youth Coaches Clinic

January 17, 2009

- 7:00 AM – 7:30 AM Registration, coffee, & dough nuts
- 7:30 AM – 8:15 AM Thurman Hendrix, MA, CSCS – Performance
Enhancement Coach; www.thurmanhendrix.com

**"High School Prep – Setting a foundation to prevent injuries
and improve performance"**
- 8:30 AM – 9:15 AM Ron Kittle – former MLB player for White Sox, Yankees,
Indians, & O's, '83 American League Rookie of the Year

"Preparation, simple drills, & most important follow thru"
- 9:30 AM – 10:15 AM Jim Hall – Illinois High School Baseball Coaches
Association Hall of Famer & Disney Wide World of Sports

"Practice organization to motivate your team"
- 10:30 AM – 11:15 AM Chris Heidt – Major League Scouting Bureau

"What we look for"