

BASEBALL CANADA COACHES SUPER CLINIC

March 20-22, 2015



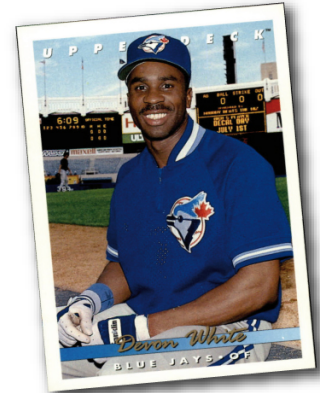
Viscount Gort Hotel
1670 Portage Avenue
Winnipeg, MB

Baseball Manitoba is proud to announce that Manitoba will be hosting the Baseball Canada Super Clinic that will be held at the Viscount Gort Hotel in Winnipeg.

Coaches will learn from former MLB players Devon White and Mike Johnson.

Devon White

White was drafted by the California Angels in the 6th round of the 1981 draft. He made his major league debut in the late stages of the 1985 season for California, but he did not establish himself as a major leaguer until 1987, when he played a full season and hit with power and ran the basepaths with speed. In fact, he hit 24 home runs and stole 32 bases that season. In 1988, only his second full season, he won his first of seven Gold Gloves. White won two World Series and five Gold Gloves with the Toronto Blue Jays. With a .336 batting average in his post-season career with the Blue Jays, compared to a .270 regular season average with Toronto, White consistently upped his game to help Toronto reach playoff success.



Mike Johnson

Mike Johnson (born October 3, 1975) is a former professional baseball pitcher. He has pitched all or part of five seasons in Major League Baseball, and has also played in Nippon Professional Baseball, the Korean Baseball Organization, and the CPBL. Johnson was selected by the Toronto Blue Jays in the 1993 amateur draft. He made his Major League Baseball debut on April 6, 1997 with the Baltimore Orioles and went on to play for the Orioles (1997) and Montreal Expos (1997–2001). He was a member of Team Canada at the 2004 Summer Olympics, where they finished in fourth place in the baseball tournament. Johnson played in the Texas Rangers, Los Angeles Dodgers, and San Francisco Giants organizations from 2001 to 2003, before signing with the Expos again in 2004.



The clinic will also feature Rickie Walkden and Bob Caldwell.

Rickie Walkden, BMR (PT) – Director/Senior Therapist : She brings over 17 years of experience in sport medicine, successfully rehabilitating everyone from the recreational athlete, to the “weekend warrior”, and the elite athlete. After graduating from the University of Manitoba, she moved to Minneapolis and for 11 years worked in Sports Medicine, focusing her practice in the rehabilitation of post-operative shoulder rehab, and shoulder injuries, including rehabilitation of the Minnesota Twins, and Rehabilitation of the Runner, including video analysis. She has worked with many professional athletes, elite marathoners, and Ironman triathletes.

Bob Caldwell : In Manitoba he served in a number of volunteer roles, including Hockey Manitoba Master Mentor, sitting on Hockey Canada’s Athlete Development Committee and National Coach Mentorship Advisory Council and chairing Sport Manitoba’s Advisory Board. Caldwell was one of the driving forces behind the formation of the National Coach Mentorship Program in Canada and continues to facilitate seminars from Calgary to St. John’s.



www.baseballmanitoba.ca

BASEBALL CANADA COACHES SUPER CLINIC

March 20-22, 2015

Cost:

- \$60 for all sessions on Friday and Saturday
- \$25 per session if only taking in selected sessions.
(please check off session you are attending)
- NCCP Clinics extra (see below)

Schedule:

Viscount Gort Hotel - Friday March 20th

5:00 - 6:00 PM - Registration

Session #1 6:00 - 7:15 PM - Pitching Mechanics - Mike Johnson

Session #2 7:30 - 8:30 PM - Hitting Mechanics - Devon White

8:30 - 11:00 PM - Social

Viscount Gort Hotel - Saturday, March 21st

8:30 - 9:00 AM - Registration

Session #3 9:00 - 10:15 AM - Injury Prevention & Shoulder Care - Rickie Walkden

10:15 - 10:30 AM - Coffee Break

Session #4 10:30 - 11:45 AM - Throwing Programs and Routines - Mike Johnson

11:45 AM - 12:30 PM - Lunch (Provided)

Session #5 12:30 - 1:30 PM - Keynote Speaker (Coach Mentorship - Bob Caldwell)

Session #6 1:30 - 2:30 PM - Outfield Play - Devon White

2:30 - 2:45 PM - Coffee Break

Session #7 2:45 - 4:00 PM - Baseball Strategies - Devon White

Viscount Gort Hotel - Sunday March 22nd

For coaches that would like to get certification for the following NCCP Modules:

8:30 AM - 12:30 PM - NCCP Initiation (\$25)

1:00 - 5:00 PM - NCCP Strategies (\$40)

8:30 AM - 12:30 PM - NCCP Skills Analysis (\$40)

1:00 - 5:00 PM - NCCP Teaching and Learning (\$40)

8:30 AM - 12:30 PM - NCCP Pitching and Catching (\$40)

1:00 - 5:00 PM - NCCP Planning (\$40)

Deadline to register is **March 18th**. Registrations after March 18th will have a 20% surcharge.

Registration:

Name : _____

Phone # : _____

Email : _____

I will be attending :

all sessions on Friday and Saturday - \$60

NCCP Strategies - \$40

NCCP Initiation Clinic - \$25

NCCP Teaching and Learning - \$40

NCCP Skills Analysis - 40\$

NCCP Planning - \$40

NCCP Pitching and Catching - \$40

Register online at nccp.baseball.ca

Questions ?

Contact Jason Miller: 204-925-5764
Cheques made payable to Baseball Manitoba

www.baseballmanitoba.ca