

**Township of Cedar Grove  
Recreation Department**  
525 Pompton Ave. Cedar Grove, NJ 07009  
(973) 239-1410 x220

## **Cedar Grove Hitting Clinic**

**FOR CANCELLATIONS DUE TO INCLEMENT WEATHER;  
“LIKE” US ON FACEBOOK, [www.facebook.com/cedargroverec](http://www.facebook.com/cedargroverec) or  
Call the Weather Hotline #973-230-9944**



- **Who:** Girls Ages 6-12
- **Where:** Cedar Grove High School Gym
- **When:** Saturdays February 11<sup>th</sup>-March 4<sup>th</sup>
- **Time:** 1:30-3:00pm  
**NOTE: 2/11 will be from 3:00-4:30pm**
- **Fee:** \$200.00/child

**Description:** Coaches, Nikki and Jackie Velardi will run a 4-day hitting clinic focusing on the mechanics, fundamentals & other intangibles necessary to be a successful hitter. By the end of the clinic, each player will have improved technique, a better mental understanding of hitting & have gained valuable tools to put them in the best position to have success at the plate.