SUNY Cortland Baseball Holiday Hitting and Throwing Clinics Start Dec. 12

The SUNY Cortland baseball team will be holding a series of hitting and throwing clinic in December and January at the Lusk Field House. The clinics are for youths ages 13 and up.

The first clinic will be held on Sunday, Dec. 12, followed by clinics on Dec. 19, Jan. 9 and Jan. 16. Each clinic will run from 10 a.m. to noon and costs $15. The cost is $55 to attend all four clinics.

Topics covered at the clinics include tee drills, flip drills, plate coverage, stance, stride and pitch selection. In addition, there will be time allocated to throwing drills to prepare for the upcoming season.

Pre-registration is recommended either by calling the Cortland baseball office at (607) 753-4950 or by sending an e-mail to baseball@cortland.edu. Please provide name, age, school and session selected.

The winningest team in New York State since 1990 (459-164-1, .736), Cortland finished 29-16 last spring. The Red Dragons qualified for the NCAA Division III playoffs for the 12th straight season. The Red Dragons have made six Division III World Series appearances, including five straight from 1997-2001.

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