



# Dad & Daughter Beginning Pitching Schools

**Held at:**

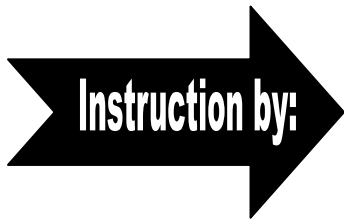
**Rita Lynn Gilman, Inc.  
Gilmanor Farms  
12187 Chewning Rd  
Glen Allen, VA**

**5:30-8:30pm Friday March 9th  
OR  
9am-12pm Saturday March 10th  
OR  
4pm-7pm Sunday March 11th**

Considered Richmond's premiere pitching instructor, Rita Lynn has 24 years of fast-pitch teaching experience. Owner of her own pitching school in Hanover County, she has influenced the careers of some of the best pitchers in the state. Before you ask, of course Moms can attend, too! We will cover the basic pitching mechanics with emphasis on arm whip, wrist snap, footwork, accuracy and speed building. Student's pitch speed will be clocked with a radar gun.

The optional pitcher's starting kit is a great start to the basic tools that will help a pitcher learn how to snap her wrist (clicker), how to create fast topspin (spin right spinner), to roll a ball off her fingers (ball on a stick), to keep her arm on the power line & release at her hip (flap) & to throw low strikes (rope).

A parent must attend with their daughter to learn how to pitch and how to coach correctly at home. Arrive 30 minutes early. Bring drinks, snacks, tennis shoes, glove, 6 softballs, notebook and a bucket with lid to sit on and to store your pitching tools in! You may contact Rita Lynn at 804 382-6211. For more information and directions to Gilmanor Farms off Rt 33, see: [www.ritalynn.com](http://www.ritalynn.com)



**Rita Lynn Gilman**

## Registration Form

Cost is \$45 by March 1st, \$55 thereafter. Make check payable to Rita Lynn Gilman. Pre-registration is required.  
Mail completed registration form and payment to: 14244 Ashland Rd, Glen Allen VA 23059

Name she goes by: \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_ Email (neatly!) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Name of Parent attending: \_\_\_\_\_ League Affiliation/ Travel Team/School \_\_\_\_\_

Date Attending (pick 1): \_\_\_ Fri Mar 9<sup>th</sup> 530-830pm \_\_\_ Sat Mar 10<sup>th</sup> 9am-12pm \_\_\_ Sun Mar 11<sup>th</sup> 4-7pm

My child has permission to participate in this program and I certify that she is in good health. In case of accident, injury or sickness, the clinic's staff has my permission to use their best judgement in the care of my child. I hereby waive and release Rita Lynn Gilman, Inc. and Gilmanor Farms from any & all liability from injury/illness. Legal Guardian's Signature: \_\_\_\_\_

**Optional Pitcher's Starting Kit (\$55): Spin Right Spinner (\$25), clicker (\$10), ball on stick (\$15), flap (\$10) and rope (\$5).**  
You may pre-purchase & pick up 30 minutes prior to start time.