



Ladera Ranch American
Ladera Ranch National
North Mission Viejo
San Clemente American
San Clemente National

Little League
California District 68
P. O. Box 3025
Mission Viejo, California 92690

San Juan Capistrano
Santa Margarita American
Santa Margarita National
South Mission Viejo
Trabuco Canyon
Viejo



2021 District 68 Coaches Clinic With Jerome Williams

Sunday January 24th and January 31st
Upper Gilleran Field in Mission Viejo

Free of charge to all District 68 Managers and Coaches-

Show up to the field 15 minutes prior to the start of the session and sign in.



Pitched in MLB for 11 years
Currently a pitching coach
for the NY Mets

Agendas:

Sunday, January 24th

Morning Session **8am-12pm - T-ball, A, AA**
Afternoon Session **1pm – 5pm – AAA, Major, Junior**

Fielding and Hitting

Instructors scheduled to be present – Austin Leyritz, Tom Furukawa, Tyler Depreta, Jose Tolentino, Bret Levire, Adam Sorgi, Milan Tolentino, Jake Ortega, and Tony Nieto

- INTRODUCTIONS – 15 min
- Stretching and conditioning – 30 min
- Throwing mechanics – 30 min
- Split into groups – 3 stations – 45 min each station
- Batting Cages
- Infield
- Outfield
- Rotate stations every 45 min
- Q & A at the end

Sunday, January 31st

Morning Session **8am-12pm - T-ball, A, AA**
Afternoon Session **1pm – 5pm – AAA, Major, Junior**

Pitching, Catching, Baserunning

Instructors scheduled to be present – Austin Leyritz, Tom Furukawa, Tyler Depreta, Jose Tolentino, Bret Levire, Adam Sorgi, Milan Tolentino, Jake Ortega, and Tony Nieto

- Introduction – 15 min
- Stretching and conditioning – 15 min
- Baserunning – 1 hour – will teach at each bag
- Pitching and Catching – 1 hour each for pitching group and catching group
- Q & A at the end