

## Monday Night **Future Cardinal Academy**

Stanford Baseball is excited to bring back its **Monday Night Future Cardinal Academy Clinic**. These weekly clinics will be run by current members of the Stanford Baseball Coaching Staff with the help of Stanford Baseball Players. These clinics are open to any and all players, only limited by age (6 to 12 years old) and total number of players welcome (25 players Max).

These clinics will take place most Monday nights from September 30 to February 3 and will be split into 2, 3, and 4 Session increments. PLEASE NOTE: You CANNOT mix and match nights (i.e. Mixing nights from Session 1 with nights from Session 2- you will be paying for the entire session).

These clinics are a great way to teach our young players the correct fundamentals and etiquette of the game. While doing this we can advance their individual skill set to reach their fullest potential. The Future Cardinal Academy will include throwing and proper arm care instruction, hitting instruction and mechanical breakdown, defensive instruction, and conclude each night with a simulated indoor game. We will conduct each activity in a fun and instructive manner to allow our players to get the most out of each night to better their game.

**Registration for our Camps and Clinics: [stanfordbaseballcamp.com](http://stanfordbaseballcamp.com)**

Cost: Varies by total nights per session (\$50 per night)

Add on: Short Video Evaluation of Swing (\$20 per evaluation)

Ages: 6-12

Time: 6:30-8:30 PM

Location: Sunken Diamond Indoor Hitting Facility

Equipment Needed: Helmet, Bat, Misc. Hitting equipment, Glove, Proper Athletic Attire (we will wear ATHLETIC SHOES only, no cleats!)

Dates/Sessions/Price:

Session #1 - September 30, October 7, 14,

Session #2 - October 21, 28, November 4

Session #3 - November 11, 18, 25

Session #4 - December 2, 9, 16

Session #5 - January 6, 13, 20, 27

Session #6 - February 3, 10

Schedule:

6:00-6:30 (30)	Registration
6:30-6:40 (10)	Intro/Station Breakdown
6:40-7:00 (20)	Catch Play
7:00-7:05 (5)	Water and Transition
7:05 - 7:30 (25)	Defensive Stations
7:30-7:35 (5)	Water and Transition
7:35-8:05 (30)	Hitting Drills
8:05-8:25 (20)	Indoor Game
8:25-8:30 (5)	Recap

\*\* Remember these clinics are limited to 25 players each session, so be sure to register ASAP before we fill up\*\*

For further questions, contact Steve Rodriguez  
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