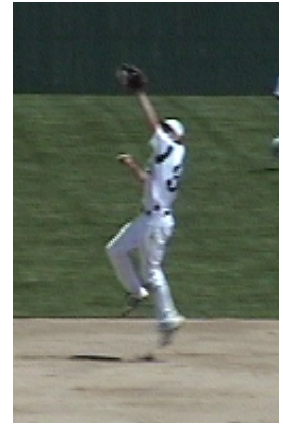




Fundamentals is the only way to get from here to there.



Come join the Frankfort Force as they present a Afternoon of Fundamentals.

You and your child will be provided with the basic fielding, throwing, and hitting fundamentals.

By learning proper grip for throwing a baseball, swinging the bat, and hand and foot positioning you can support your child in developing the foundation to ensure their baseball/softball experience will be positive and confidence building. Please take full advantage of this opportunity to raise your awareness for proper mechanics to reinforce their development.

Ages : 6 - 10

When: Sunday March 28th. 12:30 - 2:30PM

Where: Bo Jackson Dome / Cangelosi Baseball Facility  
17130 South Prime Blvd. Lockport, IL 60441

Cost: \$25 - T-Shirt included.

Register: [matt@mhunniford.com](mailto:matt@mhunniford.com)  
[Joseph.Signorelli@gmail.com](mailto:Joseph.Signorelli@gmail.com)

Name \_\_\_\_\_ Age \_\_\_\_\_ email \_\_\_\_\_

Please make checks payable to Frankfort Baseball - email Matt or Joe for pick-up.

This is a fundraiser for Frankfort Force Baseball, a non-for-profit organization. Frankfort Force is an all volunteer organization. All funds are applied to league and tournament fees, insurance, and equipment. No coaching or administrative fees are incurred or paid by Frankfort Force Baseball.