

BASEBALL PITCHING CLINIC WITH FORMER MLB PITCHER GEOFF ZAHN

Henry Ford is pleased to offer our staff of athletic trainers, along with Geoff Zahn and pitching instructors from The Varsity Shop Training Center, to lead you through a high school pitching clinic with Dartfish analysis.

This clinic will include a video analysis of your pitching motion using Dartfish technology. Evaluation and education of your pitching form will be done on an individual basis to optimize athletic function and reach performance goals.

Our Two-Night Clinic Includes:

- Video analysis of pitching mechanics with Dartfish
- Evaluation of pitching motion by Geoff Zahn and Henry Ford Athletic Trainers
- Pitching mechanics and strategy lead by Geoff Zahn
- Pitching-specific corrective exercises
- Baseball stretches and core exercises

Clinic will be held on:

Monday, January 9 & January 16, 2012

6:30-8:30 p.m. at

TheVarsity Shop Training Center



DIVISION OF SPORTS MEDICINE



BASEBALL PITCHING CLINIC
Featuring former MLB Pitcher, Geoff Zahn



MONDAY, JANUARY 9 & JANUARY 16, 2012
6:30-8:30 P.M. AT THE VARSITY SHOP TRAINING CENTER

GEOFF ZAHN is a former Major League pitcher who played for the Dodgers, Cubs, Twins, and Angels over a 12-year span. During his Major league career, he accumulated over 100 wins as a pitcher and competed in the 1974 World Series. Formerly the University of Michigan head baseball coach, Geoff now focuses his passion for pitching on instruction and motivational speaking. The Geoff Zahn Group Master Pitching Institute consults with orthopedists, coaches, research and physical therapists to formulate instruction on arm safety and proper mechanics, allowing for top velocity with rhythmic effort for advanced pitchers. For more information visit HYPERLINK "<http://www.geoffzahn.com>" www.geoffzahn.com or through the Michigan Sports Academy.

HENRY FORD ATHLETIC TRAINERS SPECIALIZING IN DARTFISH

Nicole Schreiber MA, AT, ATC

Laurie Phillips AT, ATC

THE VARSITY SHOP BASEBALL INSTRUCTORS



Chuck VanRobays



Dylan Putnam



The Varsity Shop Training Center
2085-B Franklin Road
Bloomfield Hills, MI 48302

COST IS \$75 PER ATHLETE.

FOR MORE INFORMATION OR TO REGISTER PLEASE CALL: 313-972-1687

OR EMAIL: DARTFISH@HFHS.ORG