

(6week class)

Mondays Nov 1- Dec 13

Larry Robinson -Hitting Class

7 yrs.-12yrs -6:30-7:30pm \$125.

Tuesdays Nov 2 -Dec 14

Justin Headley -Hitting Class

Ages 9-13- 6:30-7:30pm

Cost \$125

**HITTING FUNDAMENTALS INSTRUCTION
AND DRILLS**

Learn hitting fundamentals; Grip, stance, bat position, hand position and much more.

Hitting fundamental drills isolating the lower half, upper half and hands.

HITTING - MENTAL APPROACH. Be prepared to hit. Be ready and don't miss YOUR pitch.

Thursdays Nov 4- Dec 16

David West -Pitching Class

Julian Henson - Catching Class

7 yrs.-9 yrs. 6:30pm -7:30pm

10 yrs-12 yrs 7:30pm -8:30pm

Cost \$125

Intense workouts for the athlete that wants to improve in all phases *needed to succeed at this skilled position.*

(Off week of Thanksgiving)

Dulins Baseball

Hitting, Pitching, Catching, & Fielding

**Larry
Robinson**



LANGSTON UNIVERSITY

1977 ~ DRAFTED BY
MILWAUKEE BREWERS

10 YR PROFESSIONAL EXPERIENCE
MILWAUKEE BREWERS
MEXICAN LEAGUE

To Book Your Private Lesson Call:
901.758.2343 x21

Dulins Baseball

Director of Pitching

**David
West**



1983 ~ DRAFTED BY NEW YORK METS 4TH RD
OUT OF CRAIGMONT HS

1988-89 ~ NEW YORK METS

1989-92 ~ MINNESOTA TWINS

*1991 WORLD SERIES CHAMPIONS

1993-96 ~ PHILADELPHIA PHILLIES

*PITCHED IN THE 1993 WORLD SERIES

1997 ~ FUKUOKA DAIETI HAWKS

1998 ~ BOSTON RED SOX

2000 ~ RETIRED DUE TO INJURY

2006-08 ~ ASSISTANT COACH: INDIAN RIVER
CC, FT. PIERCE, FL

2008 ~ DIRECTOR OF PITCHING
DULINS BASEBALL

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DSC Classes

Dulins Sports Complex has been helping the mid-south develop their baseball/softball skills since 1990. Our goal is to give young athletes the opportunity to improve in a positive environment 365 days a year.

. Students will receive quality instruction on fundamentals as well as mental approach. Dulins qualified staff of professional instructors will teach athletes the importance of hard work and discipline while having fun playing the game. Students will attend each class once a week for 6 weeks within a elected session. A deposit is required to hold your class enrollment slot

Class & Workout

Registration

Name: _____

Address: _____

City: _____ ST: _____

Zip: _____

Home Phone: () _____

Work Phone: () _____

Date of Birth: __/__/__

Age: _____

School: _____

***Registration Deadline is one week prior to each session.**

Classes Registering for:

Class Name: _____

Age Bracket: _____

Session Dates: _____

Deposit: _____ Method: _____

Balance: _____ Method: _____

For more information or to register by phone call :

901-758-2343 # 21

Dulins Sports Complex
7790 Fischer Steel Rd.
Cordova, TN. 38018

“LEARN WHAT THE PROS ARE TEACHING”

Classes and Workouts

DULINS

Sports Complex

November 2010

Space is Limited
Call Now
901-758-2343

www.dulins.net