

Pitching Lesson Locations and Dates 2010-2011

Murfreesboro, TN – Sunday Lessons: Christiana Elementary, 4701 Shelbyville Pike, Christiana, TN 37037.

From I24 take exit 81A (US Hwy 231) towards Shelbyville. Go 6.5 miles and the school is on the left.

Sunday Lesson Dates: 9/19, 10/10, 11/13 (Sat lesson), 12/4 (Sat lesson), 12/18 (Sat lesson), 1/2, 1/16, 1/30, 2/13, 2/20, 3/6, 4/10
Wednesday Classroom Sessions: Video Analysis – 10/13 Mental Aspects of Pitching – 1/12

Ames, IA – Wednesday, Thursday and Friday Lessons: All Star Sports Academy, 57044 241st Street.

Coming from Ames (going east on Hwy 30): From Ames go East on Highway 30 and go past I-35. The first north/south road after I-35 is Sand Hill Trail. Turn South here then immediately turn West on 241st Street. Proceed to the first entrance into the parking lot of the first building and turn in South. Go between the blue building and the tan building. Look for the All Star Sports entrance under the canopy.

Wednesday Lesson Dates: 9/29, 10/27, 11/10, 11/24, 12/8, 1/5, 2/2, 3/2, 3/16, 3/30, 4/13, 5/4
Thursday Lesson Dates: 9/30, 10/26 (Tues lesson), 11/9 (Tues lesson), 11/18, 12/9, 1/6, 2/3, 3/3, 3/17, 3/31, 4/14, 5/5
Friday Lesson Dates: 10/1, 10/22, 11/5, 11/19, 12/10, 1/7, 2/4, 3/4, 3/18, 4/1, 4/15, 5/6
***Classroom Sessions:** Video Analysis – 10/20 (Wed) Mental Aspects of Pitching – see other locations

Des Moines, IA – Saturday Lessons: Grandview College Fieldhouse, 1500 Morton Avenue.

Coming from I80: Take the East 14th Street exit (#136) and go south approximately 2 miles. Turn left on Morton (next left after light at Grandview Ave.) and go straight until you see the Charles S. Johnson Wellness Center. Parking is to the south of the building. Enter on the west side of the building. Coming from I235: Take the East 15th Street exit (69N) and go north approximately 1.7 miles. Turn right on Morton (just before you get to the light at Grandview Ave.) and go straight until you see the Charles S. Johnson Wellness Center. Parking is to the south of the building. Enter on the west side of the building.

Saturday Lesson Dates: 9/25, 10/24 (Sunday date), 11/7 (Sunday date), 11/20, 12/11, 1/8, 2/5, 2/26, 3/19, 4/2, 4/16, 5/7
***Classroom Sessions:** Video Analysis – 10/19 (Tues) Mental Aspects of Pitching – 2/23 (Wed)

Williamsburg, IA – Sunday Lessons: Mary Welsh Elementary School, 2383 Raider Drive.

Coming from I80: Take exit #220 and go south into Williamsburg. Turn right on Welsh (in front of Casey's) and go all the way through town. Turn right on Page Street and left on Raider Drive. Park and enter on the west side of the school.

Sunday Lesson Dates: 9/26, 10/23 (Saturday date), 11/6 (Saturday date), 11/21, 12/12, 1/9, 2/6, 2/27, 3/13, 4/3, 4/17, 5/1
***Classroom Sessions:** Video Analysis – 10/21 (Thurs) Mental Aspects of Pitching – 2/25 (Fri)

Fort Dodge, IA – Monday Lessons: Softball Connection, 1 North 20th Street.

Coming from the West: Take Hwy 20 East. Follow Business Hwy 20 (5th Ave S.) into Fort Dodge heading east. Turn Left (North) onto South 21st St (Community Tap & Pizza). Turn Left (West) onto Central Ave. (Overhead Door Company). Softball Connection is on right (North) side of street in blue building. Coming from the East: Take Hwy 20 West. Take first Fort Dodge exit. Turn right (North) on County Road P59/Quail Ave. Turn left (West) onto 5th Ave S. Turn Right (North) onto South 21st St (Community Tap & Pizza). Turn Left (West) onto Central Ave. (Overhead Door Company). Softball Connection is on right (North) side of street in blue building.

Parking is available on Central Ave on the South side of the Softball Connection, it is available on the East side of the building in the parking lot, please do not park on the West side of the building, this is reserved for Staff Parking only.

Monday Lesson Dates: 9/27, 10/25, 11/8, 11/22, 12/13, 1/10, 2/7, 2/28, 3/14, 4/4, 4/18, 5/2
***Classroom Sessions:** Video Analysis – 10/18 (Mon) Mental Aspects of Pitching – 2/24 (Thurs)

***If a classroom session date listed under the lesson location you are signing up for will not work you, you will have the option to attend that class at one of the other lesson locations.**