



# S&C Sports Services, Inc.



(651) 336-8020

SeanH1122@aol.com

[www.sandcsportsservices.com](http://www.sandcsportsservices.com)



## Fast-Pitch Softball



- \*Pitching
- \*Position Specific Training
- \* Infield
- \*Base-running
- \*Hitting
- \*Bunting & Slapping
- \* Outfield
- \*Coaching

### Types of Training

**Large Group Clinics-** These clinics focus on large group training. We break the groups up by age and or ability. There is usually about a 10-1 player to coach ratio. The costs for these clinics are about \$6.25 per hour per player. So four sessions of a two hour clinic would be \$50.00.

**Small Group Clinics-** These clinics focus on small group training. The athletes get more individual attention as there is usually about a 5-1 player coach ratio. The cost for these clinics is about \$10.00 per hour. So four sessions of a two hour clinic would be \$80.00.

**Team Practices-** Sean Hall will run your practice or help coach your team in dome ball or an early season tournament or league game. This would be extremely valuable to a team that wants to play an aggressive style on the bases and incorporate small ball into their game. The cost for this would be approximately \$50.00 per hour with a minimum of two hours.



Sean Hall  
North High Head Coach  
MN Sting President & Coach



MN Sting Elite 2<sup>nd</sup> out of 120 Teams  
ASA 18A Nationals Moline, Illinois  
2008 MMFL 18A State Champs  
2008 MSF 18A State Champs



2007 North High Polars  
MSHSL AAA State Champs  
Classic Suburban Champs