

# MLB All-Star and Silver Slugger Matt Nokes to Introduce Our First Player Clinic

## Player Clinic

### Batting

Sunday, March 6 @ 1-4pm

Join us at Chapman Field for a FREE clinic which is open to all registered East Fullerton Little Leaguers. Our first player clinic of the year is designed to help players of all ages with batting and provide an afternoon of fun. Matt Nokes will start the event with a discussion about hitting techniques and his experiences as a major leaguer. Players will then break out in groups to hit some balls and get some fun batting practice. We'll finish the day with Home Run Derby (modified for each age group).

- **Matt Nokes, Guest Speaker**

Get professional's perspective on what you can do to improve your swing.

- **Hitting Drills**

Take your lesson to the field and get some extra batting practice with coaches.

- **Home Run Derby**

Finish the day with a fun contest. The winner of each division will take home a Matt Nokes autographed ball.

Matt Nokes is a former Silver Slugger and Major League All-Star who played 10 years with the Giants, Tigers, Yankees, Orioles and Rockies. He also spent several years in the Washington Nationals organization as a hitting coach.

Today Matt runs Hitting Solutions. He trains and consults hitters from Little League age to the professional level. You can find Hitting Solutions at Power Alley batting cages, right here in Fullerton.

You can also learn more about his one-on-one training, seminars and hitting products at:

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

Players should bring baseball attire, cleats and a bat. Helmets will be provided if you do not have your own. This is a free event sponsored by East Fullerton Little League. No sign up is required – just show up. For additional questions, please contact Russ Leimer at (310) 291-1230 or [russleimer@yahoo.com](mailto:russleimer@yahoo.com).

**See you Sunday, March 6 at 1pm**

