

PRESSROOM CT

HITTING, PITCHING, CATCHING, FIELDING



Softball is finally back!!!!

Softball will be included in the 2028 Los Angeles Olympics!!

It took awhile, but finally the voices of softball athletes, coaches and fans from around the world have made an impact. In mid October the IOC and LA28 Organizing Committee voted to reinstate softball/baseball for 2028! Softball/Baseball are one of 5 sports that will added in 2028 along with flag football, cricket, lacrosse, and squash.

2028 will be the third time Los Angeles will play host to the Olympics. Over the next 5 years USA softball will be building the Women's National Team and preparing it to dominate at the highest level possible. Can't wait to see the team in action as it travels the world and the USA to prepare for the 2028 Olympics!!!

Parent Coaches

Strongly encourage any parent that is looking to coach their daughter or son, or become a teams coach to increase you knowledge of the game.

What you were taught by your HS or summer coach back in the day needs to be updated.

Attend a Coaches Clinic! Take a class! Don't just rely on the internet!

There are many opportunities available to increase your knowledge of the game.

Talk to Coach Matthews and he can put you in touch with various clinics taking place this winter.

Parent Coaches Clinic

Learn how to run a practice, six specific defensive drills to complete each and every practice! Plus participate in a basic Hitting station rotation.

(Contact Coach Matthews to register)

Sunday - December 17th - 2:30-4:00pm

\$20 per Coach

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21STCENTURYATHLETICS.COM
440-309-6938

CORE Strength: Make yourself better!

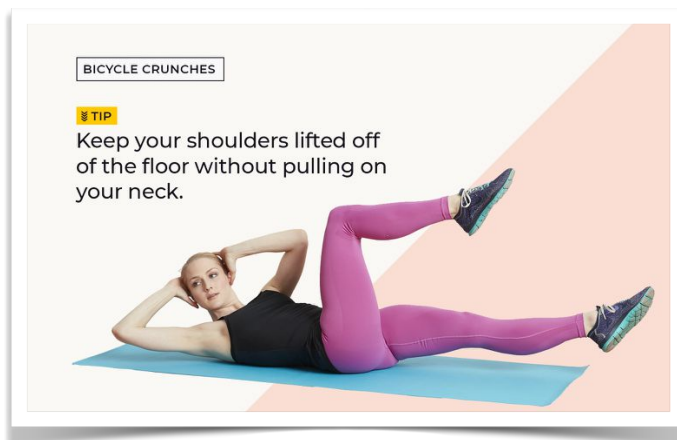
Some specific exercises you can do on your own.....

Bicycle Crunch:

No equipment needed! Your upper and lower abs will be tested with this crunch, along with your hips! Make sure you don't twist your body too quickly or hard as this could cause injury. Sit with a slight bend at your knees, bring your right knee up and your left elbow down towards each other. Repeat this on the other side.

Russian Twists:

Sit up straight with your legs bent at the knees, and elevate your body so that it creates an imaginary V-shape with your thighs
 Twist your torso to the right side until your arms are parallel with the floor
 Hold the contraction for a second and then move back to the starting position
 Move to the opposite side performing the same movement.



Upcoming Classes:

Small Group Hitting Class

3 week class - Beginning Nov. 28th
 Ages 9-13. 6:00-6:55
 Max of 8 players
 \$70 - 3 Dates
 Register:

21stcenturyathletics.com/group-lessons/

Holiday Catcher's Class

Wednesday - December 27th - \$10
 11:30- 12:30pm
 Limited to 10 player's
 Sign up by contacting Coach Matthews
wmatthsb@gmail.com

Specialized Bunting Class

Sunday's - Dec. 10th & 17th
 4:30-5:30pm
 Sac/Slap/Drag/Punch/Surprise
 Limited to 6 player's
 \$25
 For player's that are serious about bunting effectively!
 Sign up by contacting Coach Matthews
wmatthsb@gmail.com