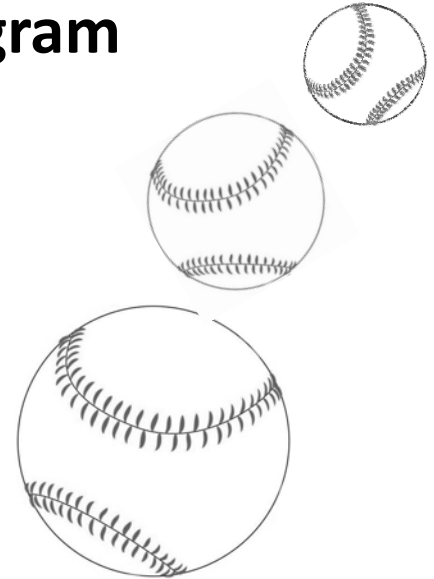


# Westonka Community Education and Services

A program of the Westonka Public School District 277

## Baseball Throwing Program Grades 4-12



Get your arm in shape and prepare for the upcoming baseball season. The Baseball Throwing Program is designed to help pitchers, catchers and position players, to build arm strength during the off-season. Instruction will focus on shoulder exercises including; warm-ups, throwing progression, mechanics and long toss. Each individual athlete will also receive a video analysis of their mechanics 3 times throughout the program.

### Program Instructors:

**Jeff Peterson:** Jeff will be working with grades 4-6. Jeff played at Bethany Lutheran College from 1988-1990 and Texas Lutheran University from 1990-1991. Jeff was an assistant at Bethany from 1992-1994 and was an assistant at Woodbury High School from 2001-2007. He has extensive experience giving private hitting lessons as well as coordinating and instructing camps at Minnesota State Mankato University and Bethany and Championship Play Baseball Camps. Jeff is currently the Dean of Students at Grandview Middle School and the Head Baseball Coach for Westonka.

**Joe Wallraf:** Joe will be working with grades 7-12. Joe played for the University of Minnesota baseball team from 1986-1990. Joe was a student coach at the University of Minnesota while earning his Masters in Education. Additionally, Joe has coached youth from age 9-21 and has facilitated clinics for the University of Minnesota, Minnesota Twins, Full Count, MYAS and individual community organizations around the state of Minnesota.

### Program Information:

Sundays  
November 1-February 21  
(no class Nov 29, Dec 6, 27,  
Jan 24, 31, or Feb 7)

Grades 4-6                      6-7 p.m.  
MWHS                              Gym  
#5863-A09F                      \$95

Grades 7-12                      7-8 p.m.  
MWHS                              Gym  
#5864-A09F                      \$95

Register online at [www.westonkace.org](http://www.westonkace.org)

5901 Sunnyfield Road East, Minnetrista MN 55364 | Tel: 952.491.8040 | Fax: 952.491.8043 | [www.westonka.k12.mn.us](http://www.westonka.k12.mn.us)

Participant Name \_\_\_\_\_ M / F      Parent Name \_\_\_\_\_

Address \_\_\_\_\_      Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_      (C) \_\_\_\_\_ (Other) \_\_\_\_\_

Age:  Child (0-5)     Youth (6-18)     Adult (19-54)     55+ (10% discount)

DOB \_\_\_\_/\_\_\_\_/\_\_\_\_      Grade \_\_\_\_\_ School \_\_\_\_\_

Does student attend Adventure Club?     Yes     No

Comments \_\_\_\_\_

**I would like to contribute to the "SPONSOR A STUDENT" Program**

Check box for donation:     \$10     \$25     \$50     \$75    \_\_\_\_\_ Other

Class #	Class Title	Fee

**Method of Payment**

Cash                       Check # \_\_\_\_\_ (payable to ISD #277)

MasterCard               Visa                      \_\_\_\_\_ Ucare Mbr #

Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_

OFFICE USE ONLY: Date \_\_\_\_\_ Time \_\_\_\_\_ F W/S S      Cardholder's Name (please print) \_\_\_\_\_