



# GLOVEWORKS Defensive clinic with former pro player, Emily Friedman at Longstreth Training Academy!!

Gloveworks provides professional instruction to players and coaches, specifically for all aspects of the defensive game from fielding and receiving mechanics to situational defensive strategy. Gloveworks utilizes innovative teaching methods to develop consistent, dynamic, and complete defensive players. Gloveworks' teaching methods were developed by professional player Emily Friedman and influenced by some of the best college, Olympic, and Professional players in the game. The Gloveworks Academy provides the opportunity to master skills over time through consistent drilling and reinforcement. Some of the skills covered include the following:

**UNLOCK YOUR POTENTIAL**

- Short hop mechanics, Short hop drills, -Progressions and drills for developing a quick glove-to-hand transfer, -Lateral and forward/back range drills, Double play footwork and flips/dishes, Throwing on the run, Throwing from different arm angles, sweep tags, Forehands options and backhand options, -Playing through the ball.

*Gloveworks is owned and operated by former Chicago Bandits player Emily Friedman. During her professional career, Friedman has played with and against some of the best players in the world from Olympians to College All-Americans and NPF standouts including Jenny Finch, Cat Osterman, Vicky Galindo, Lauren Lappin, Natasha Watley, Caitlin Lowe, Angela Tischer, and Monica Abbott among others. Before signing a contract with the Chicago Bandits in January 2010, Friedman competed for NPF rival the Philadelphia Force from 2006-2009. During her time with the Force, she had 3 almost-perfect defensive seasons and is the only professional player to date selected to the NPF All-Star team as both an infielder (2008) and an outfielder (2010). Prior to her professional career, Friedman competed for the University of California-Berkeley and helped the #1 ranked Bears to a Pac-10 Championship in 2005 and Women's College World Series appearance.*

*A native of Northern California, Friedman currently resides in White Plains, NY where she coached at Fordham University for 3 seasons. Friedman helped the Rams break every single offensive and defensive record possible and reach many unprecedented milestones: the program's first appearance to the NCAA Regionals, the program's first ever Atlantic-10 Championship, the program's first ever 1st Team All-American, back-to-back Atlantic-10 Player of the Year selections, multiple All-Conference and All-region selections, and two Mid-Atlantic Regional Coaching Staff of the Year selections in 2010 and 2011.*

**Date: Sunday March 18, 2012**

**Time: 11am-1pm ages 12 and under/ 1:30-3:30pm ages 13 and over**

**Cost: \$60 per player.**

**Location: Longstreth 32 Wells Rd, Parker Ford, PA (For GPS use Pottstown)**

**Please make checks payable to:**

JLCG, LLC  
3947 Lincoln Hwy  
Suite 339  
Downingtown, PA 19335

**\*\*\*\*THIS CLINIC WILL SELL OUT, GUARANTEED!!! \*\*\*\***

*Space is limited, and spots are first come first served, so sign up NOW!*

*We must receive payment to guarantee your spot.*

-----Mail in Registration-----

Name \_\_\_\_\_ AGE \_\_\_\_\_ Yrs Experience: \_\_\_\_\_

Parent's Name(s) \_\_\_\_\_ Phone Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Billing Address \_\_\_\_\_

Grade/School/League/Team: \_\_\_\_\_

Positions: \_\_\_\_\_ Parent email \_\_\_\_\_

Payment Method: Check \_\_\_ Cash \_\_\_ Visa \_\_\_ MasterCard \_\_\_ Discover \_\_\_

Credit Card Number \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_