

# LEARN TO PITCH WITH CONFIDENCE

## 2025/26 WINTER PITCHING CLINICS WITH **COACH MILES**



### **ABOUT MILES:**

Miles grew up playing baseball in Toronto before attending UBC on a baseball scholarship. As his playing career wrapped up in 2013, he swiftly transitioned to pitching coaching. For over a decade, Miles has been providing expert, specialized pitching instruction to players and teams around the GTA. Miles is also a passionate and experienced teacher with the TDSB.

### **TESTIMONIAL**

"As a coach with East Toronto, Scarborough, and East York, I was fortunate to work with Miles over several years. Miles brings a wealth of experience to the role of pitching coach, and he has an intuitive sense of what to look for in young arms. Miles can very quickly assess a young pitcher's mechanics, make some immediate adjustments, and then also create a longer term development program for that athlete. Miles is also an exceptional teacher, and communicator, both with the athletes and with the parents. Miles truly cares about the players he works with, and it shows in how the athletes respond to him. My players were always keen to work with Miles, frequently asking for more time with him. Our own son worked with Miles for several years, helping him advance to the Elite level in the GTA, and then to a college scholarship in the US."

(Todd S., Coach and Parent)

**WHERE:** Infinity Sports Indoor 1160 Birchmount Rd Unit 7, Scarborough.

**WHO:** Select and Rep Players

**WHEN:** There are 3 dates total. Each date is organized into 1.5 hour sessions, by age group.

1. Sunday November 30th 2025
2. Sunday February 8th 2026
3. Sunday April 19th 2026

Pitchers in GRADE 4 ONLY = 11:00-12:30PM

Pitchers in GRADE 5 ONLY = 12:30-2:00pm

Pitchers in GRADE 6 & 7 ONLY = 3:00-4:30pm

Pitchers in GRADE 8 & 9 ONLY = 4:30-6:00PM

### **COST (HST included)**

Choose 1 session (pay as you go): \$70

Choose 2/3 sessions: \$135

Choose all 3 sessions: \$195



### **PAYMENT**

In order to reserve your spot, please send an e-transfer to [\*\*milesverweel@gmail.com\*\*](mailto:milesverweel@gmail.com)

Please write in the e-transfer note:

1. your child's name,
2. what grade they are in
3. which date(s) they will be attending.
4. Parent/Guardian email and phone number

### **CONTACT**

Miles: [kineticspitching@gmail.com](mailto:kineticspitching@gmail.com) or text 647-523-3772 with any additional questions!

**LIMITED SPOTS AVAILABLE:** Please note, each session will be limited to ensure a 4:1 pitcher to instructor ratio. This allows pitchers to practice and reinforce Miles' teachings in small, focused groups with help of Miles' highly trained instructors.



**WHO WILL BE INSTRUCTING THE CAMP?**

Miles will be leading the clinic and will provide hands on coaching throughout. Miles will be accompanied by highly-trained supplemental instructors who are well versed in Miles’ teaching methods, drills and program.

**WHAT WILL MY CHILD LEARN?**

- An in depth understanding of pitching mechanics from leg lift to follow through. By the end of the session, each pitcher will understand the ideal pitching motion and will have the confidence to make adjustments to their own form in order to improve their in-game performance.
- Each Pitcher will also:
- Learn how to prevent arm injuries through pitching specific exercises and ideal pitching technique.
  - Learn how to safely throw harder through pitching form mechanics and pitching specific strength drills.
  - Learn how to use their understanding of the pitching motion to throw more accurately and place the ball in specific spots in the zone.
  - Learn how to grip, release and effectively throw off-speed pitches.
  - Equip themselves with techniques to improve their mental game.
  - Understand how to implement a clear routine before entering game as a pitcher.
  - Learn how to use the drills, exercises and videos from coach Miles at home to improve their game on an ongoing basis.
  - Master the most effective pick off moves and understand how to best control the running game (Grade 6,7,8,9)

**TESTIMONIAL**

"Miles joined us as the pitching instructor for the AAA and AA teams I coach. The kids love him. They still brag about winning the competitions for baseball cards he'd run. His teaching is technically sound, helps the kids throw harder, more accurately and safely. Whether the players were 8 years old or 15, they all threw better after a session with Miles.” Rob G. (East York Coach and Parent)

# What more coaches and parents are saying about

## **COACH MILES**

### **TESTIMONIAL**

“Over the past 4 months, my 10 year old son had private pitching lessons with Miles. Miles has been excellent at teaching the foundational elements of pitching mechanics in a fun, easy to understand format. Miles has a strong ability to focus on the players strengths and offer constructive feedback in a positive way, creating a safe learning experience for players. I highly recommend Miles as a coach and mentor for young pitchers.” Susan O. (Parent, East York AA)

### **TESTIMONIAL**

"Dear Miles, I just want to say how much we appreciate your coaching. Your instruction is incredibly clear and precise. This makes the information so accessible to Waylon. He easily grasps what you are saying - the instruction, goals and intended outcomes are so clear. And he is always so excited after your practice, eager to share with us what he has learned. Thank you!! Can't wait to see you on the diamond soon." Jill (Parent, North York AAA)

### **TESTIMONIAL**

“Miles is a very talented, patient and resourceful coach with extensive knowledge and skills to share with his clients. I trust his judgement and advice and my son loves working with him. He has been instrumental in helping my son build his confidence and skills and we will continue to work with him to improve all aspects of my son's game. I would highly recommend him to elite players and their parents.” Sandy H. (Parent, North York AAA).

## **QUESTIONS?**

Please contact Miles:

[kineticspitching@gmail.com](mailto:kineticspitching@gmail.com)

or text 647-523-3772

