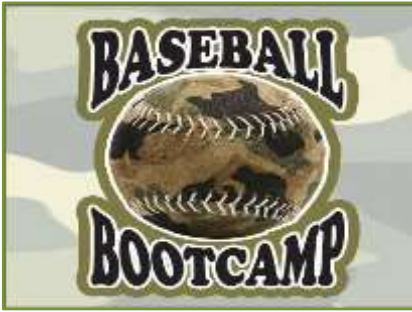


Join us for our last year at our current location – new facility coming next year!



Jan, Feb & Mar Boot Camps

8 -12yrs: 1 ½ hours every Sunday

New: "Modified/JV Prep Camp" 13yrs+
Jan & Feb – See website for details



Get ahead of the game and train before the season starts. Our instructors: Steve Micknich, former Pitcher with Marlins Org & PA record holder; Matt Colbert, Pitching Coach and Asst Head Coach for Elmira College; Rocky Ayers, lead instructor, NYS MVP, All American and former USAF softball team; and Andy Drum, New 2018 Mansfield Collegiate League Coach & Recruiter; and Shannon Fleischman, former D1 Louisiana U and Binghamton U Pitcher.

This All Skills Program is designed to give each player a complete regiment BEFORE the season starts. Registration and payment are due prior to the start of each clinic as class size is limited. Participants will be divided up into small age-appropriate groups during the class and will rotate through each station every 30 minutes. We pride ourselves on a low instructor-player ratio to ensure the highest quality instruction and one-on-one training with each instructor. Bring a glove and bat (if you have one). We have a variety of nationally recognized brands for gloves, bats, hitting nets, training equipment at great prices in our Pro Shop. We even have Demo Bats to test out, including the new USA Bat Standard bats for Little League and Cal Ripken.

BASEBALL BOOTCAMPS – starts every month

Jan: Sundays, starting Jan 7th 12:00 – 1:30
Feb: Sundays, starting Feb 4th 12:00 – 1:30
Mar: Sundays, starting Mar 4th 12:00 – 1:30



SOFTBALL BOOTCAMPS – starts every month

Jan: Sundays, starting Jan 7th 1:30 – 3:00
Feb: Sundays, starting Feb 4th 1:30 – 3:00
Mar: Sundays, starting Mar 4th 1:30 – 3:00

<p>Hitting Highlights: we can help fit the correct size & weight bat</p> <ul style="list-style-type: none"> Utilize proper hitting techniques/mechanics Make better contact and generate more power Develop a mental approach to hitting Learn "situational" hitting Learn to bunt properly-harder than you think! Importance and Utilization of lower half, hip rotation Eye dominance and your stance 	<p>Fielding Highlights: we can help fit the correct size glove for your position</p> <ul style="list-style-type: none"> Utilize proper throwing mechanics & drills Correct techniques for fielding groundballs Learn the correct technique for catching fly balls Advanced drill training for infield and outfield play Soft-hand drills & importance of correct glove size Bucket drills, soft hands and footwork Foot positioning & the <i>Triangle</i>
<p>Throwing and/or Pitching Highlights</p> <ul style="list-style-type: none"> Proper pitching & throwing mechanics and drills Increased control & mechanics-velocity will develop Develop off-speed/change-up, 2-seam & 4-seam Arm-strengthening, conditioning and arm health Avoiding "submarine/sidearm" throws 	<p>The smallest corrections can make a world of difference in all aspects. Mechanics-Mechanics-Mechanics!</p> <p>This program sells out every year! We usually add an additional class during the week. Only \$135/4weeks</p> <p>For more than 10 years, we've said: Proper Practice Makes Permanent!</p>

These clinics fill up fast, so don't wait. Payment and registration form must be received prior to the start of each monthly clinic.

\$135 /month Jan Feb Mar Baseball Softball Total Amount Enclosed: \$ _____

*Name: _____ *Age: ____ City: _____

*Telephone Number: _____ *E-MAIL: _____

Parent/Guardian Name: _____ Signature: _____

SANDLOT SPORTS ACADEMY & Backyard Batter Pro
11417 LPGa Dr/ Rte 352, E. Corning, NY 14830
607-973-2226 www.sandlotsportsacademy.com
607-346-0113 off hours contact

