



## Baseball & Softball MODIFIED & JV PREP PROGRAM

*Be Prepared Before Tryouts in March*

Wednesdays in Jan & Feb only \$25/week

Professional Instructors

***DON'T wait until the week before tryouts to pick up your bat and shake the rust off – it will show at tryouts!***


Start preparing in January with an intensive program designed specifically for the athlete who plans to tryout or just wants to get better for school ball.

This program will give each player a complete training regiment, focusing on athleticism, coachability, hitting, fielding and throwing. Sessions will be held every Wednesday. Registration and payment are due prior to the start of each clinic as class size is limited. We pride ourselves on a low instructor-player ratio to ensure the highest quality instruction. Bring a glove and bat (if you have one). We have a great selection of gloves and bats at great prices in our Pro Shop. We even have Demo Bats available. **Parents & participants will see measureable results from start to finish.**

**Jan: Every Wednesday, starting Jan 3<sup>rd</sup> 6:00 – 7:00pm (5 weeks)** (an additional class from 7:00 – 8:00 may be added)

**Feb: Every Wednesday, starting Feb 7<sup>th</sup> 6:00 – 7:00pm (4 weeks)** (an additional class from 7:00 – 8:00 may be added)

Note: We do not hold large clinics. We usually limit to 10-12 players each hour to ensure quality one-on-one professional instruction.

<p><b>Hitting Highlights:</b></p> <ul style="list-style-type: none"> <li>• Progressive &amp; aggressive hitting mechanics</li> <li>• Make better contact and generate more power</li> <li>• Head, eyes, chin-to-contact</li> <li>• Bunting techniques</li> <li>• Balance, utilizing the lower half, hip rotation</li> <li>• Eye dominance and your stance</li> <li>• Live throwing and utilizing pitching machines</li> </ul>	<p><b>Fielding Highlights:</b></p> <ul style="list-style-type: none"> <li>• Footwork , soft-hands and quick release</li> <li>• Reads, accuracy and range</li> <li>• Bucket drills</li> <li>• Balance, stabilization &amp; the “triangle”</li> </ul> 
<p><b>Throwing Highlights</b></p> <ul style="list-style-type: none"> <li>• Stop “pushing” and start “throwing”</li> <li>• Throwing mechanics and the 90-degree angle</li> <li>• Increase control, accuracy and velocity</li> <li>• Arm-strengthening &amp; condition exercises</li> <li>• Quick release and footwork</li> </ul>	<p>Players will be given “homework” take-home drills to work on their own, in between sessions, to build muscle memory.</p> <p>These are as important as the sessions themselves. If players do not do their “homework”, they are wasting their time. It only takes a few minutes each day.</p>

This clinic is expected to fill up fast. There is already a list for information. Payment and registration form must be received prior to the start of each month. You can mail, drop off form or call to register over the phone.

Jan \$125 (5 weeks)   
  Feb \$100 (4 weeks)   
  Jan & Feb \$225   
 Amount Enclosed: \$ \_\_\_\_\_

\*Name: \_\_\_\_\_ \*Age: \_\_\_\_\_ School: \_\_\_\_\_

\*Telephone Number: \_\_\_\_\_ \*E-MAIL: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**Sandlot Sports Academy**

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PARENTAL AUTHORIZATION REQUIRED:By signing this document, you acknowledge/Assumption of Risk of Injury: I recognize and acknowledge that there may be risks of bodily injury and death. I agree to and assume the full risk of any injuries, including death, and of all costs, damages, and losses that I may sustain as a result of participating in any and all activities connected with or associated with such programs or while utilizing the facility. Waiver and Release of Claims for Injury: I hereby agree to, and do waive, release and relinquish all claims of every kind, known and unknown, present and future, that I may have against the Sandlot Sports Academy, and their officers, agents, servants and employees, arising out of, connected with, or in any way related to, the program or my participation there in Photo Release: My signature also allows Sandlot Sports Academy to use my photo or my Childs for promotional purposes (website, ads, etc). My signature on this form indicates that I have read and understand the above Waiver and execute it of my own free will and without any reservation.