

SANDBLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning

Youth **SOFTBALL** Pitching Clinic

Mondays 5:30 – 6:30 in March & April

4 or 9 weeks (you choose) only \$25/week

This class will be limited to 8 pitchers to ensure the highest quality instruction. Minimum of 3 girls to hold class. Add'l classes will be added as needed.

Heavy emphasis on proper mechanics, learning/ improving basic and advanced pitches, pitch grips, accuracy, full motion throws and arm conditioning. Take home drills are expected to be worked on at home in between classes to ensure muscle memory and progression. Players should bring a notebook with them each week.



“Pitchers must practice correct mechanics at 100% effort. Aggressive mechanics done correctly builds speed. Accuracy and velocity will result from consistent repetitions. “Strikes first” without regard for mechanics is an absolute plan for failure. Practice Makes Permanent!”

NOTE: Shannon is available to work privately with your own group or team as well with special pricing. Private lessons also available: \$35/30 minutes, \$55/60 minutes. If you wish to register and pay over the phone, please call 607-973-2226 during the hours of 3:00 – 8:00pm or 607-346-0113 off hours.

REGISTRATION AND FULL PAYMENT FOR MARCH ARE REQUIRED PRIOR TO START DATE AS WE LIMIT THE NUMBER OF PARTICIPANTS IN ALL CAMPS TO ENSURE QUALITY INSTRUCTION. If you choose to continue with April, you can pay at the end of March.

Please check here if you do **not** want your child's picture used.
We may take pictures promotional purposes.

*Name: _____ Age: _____ Cost: MAR \$100 APR \$125

Address: _____ City: _____ State: _____ Zip: _____

*Telephone Number: _____ *E-MAIL: _____

Parent/Guardian Name: _____ Signature: _____

Sandlot Sports Academy
11417 LPGA Dr (Rte 352) East Corning, NY 14830
607-973-2226 www.sandlotsportsacademy.com

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.

