

SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning

Professional Instructors

SOFTBALL CAMPS Dec 29th
BASEBALL CAMPS Dec 30th
Skills-N-Drills Camp 12:00 – 2:00
Pitchers & Catchers 2:00 – 4:00
ages 8-13yrs only \$40



MAKES A GREAT HOLIDAY GIFT

Open since 2007, the Sandlot Sports Academy is excited to offer 4 softball & baseball camps during the holiday break. You can also check out our website or Facebook page for more information about our Weekly Winter camps starting Jan - Apr at www.sandlotsportsacademy.com.

“Skills-N-Drills” Hitting, Fielding & Throwing: Focus on correct hitting mechanics & fundamentals; making better contact; proper launch angle, generating more power; develop a mental approach to hitting; proper bunting technique; the importance of utilizing the lower half & hip rotation; eye dominance and your stance; proper throwing mechanics; correct technique for fielding groundballs and proper footwork; advanced drill training for infield and outfield play; soft-hand drills; bucket drills and more. We will give players take home drills for both camps. We can also help personalize an off-season training plan.

Pitchers & Catchers – beginners and intermediate levels

Heavy emphasis on proper mechanics, techniques and learning/improving basic and advanced pitches, pitch grips, accuracy and arm conditioning. Pitchers must practice with correct mechanics to build & lock in muscle memory. Mechanics done correctly builds speed and accuracy. Catchers will work on proper setup, balance, blocking, receiving and more. We will give players take home drills for both camps. Please bring catchers gear if you have it.

REGISTRATION AND FULL PAYMENT ARE REQUIRED PRIOR CAMPS AS WE LIMIT THE NUMBER OF PARTICIPANTS IN ALL CAMPS TO ENSURE QUALITY INSTRUCTION. *Private, semi-private and group instruction always available by appointment.*

Softball Sat Dec 29th **Skills N Drills 12:00-2:00 \$40** **Pitchers & Catchers 2:00 – 4:00 \$40**
Baseball Sun Dec 30th **Skills N Drills 12:00-2:00 \$40** **Pitchers & Catchers 2:00 – 4:00 \$40**

*Name: _____ Age: _____ Total Amount: _____

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 or 607-346-0113cell 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.