

SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning



ADVANCED HITTING & BAT SPEED WORKOUT CLINICS w/VIDEO ANALYSIS BASEBALL & SOFTBALL

Intermediate & Advanced Levels Only 8-12yrs

Jan, Feb and March Clinics only \$25/week

Professional Results-Proven Instructors

This program is designed for the seasoned, experienced player. Primarily focus is hitting Advanced hitting drills utilizing some pitching machines and video analysis. Sessions will be held every Sunday. Registration and payment are due prior to the start of each month as class size is limited. 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. We even have Demo Bats and can help fit with the correct size & weight.

Think BIG, Shop SMALL at our Pro Shop (internet pricing)

New Clinic starts every month. You can continue on with following month's clinic if you choose.

Jan: Sundays, starting Jan 6th 2:00 - 3:00 \$100 4 weeks
Feb: Sundays, starting Feb 3rd 2:00 -3:00 \$100 4 weeks
Mar: Sundays, starting Mar 3rd 2:00 - 3:00 \$125 5weeks
additional times may be added to ensure small class size

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>Hitting Highlights:</p> <ul style="list-style-type: none"> • Progressive & aggressive hitting mechanics • Importance of Launch Angle • Make better contact and generate more power • Increasing bat speed • Bunting techniques • Balance, utilizing the lower half, hip rotation • Eye dominance and your stance • Live throwing and utilizing pitching machines 	<p>Players will be given "homework" (take-home drills) to work on their own, in between sessions, to build muscle memory and correct form. 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> <p>we have clinics for every level Pitchers & Catchers Clinics start in Feb Private Instruction Available</p>
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These clinics fill up fast, so don't wait. Payment and registration form must be received prior to the start of each monthly clinic. Stop by, print & mail form or register over the phone.

Jan \$100 Feb \$100 Mar \$125 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



www.SandlotSportsAcademy.com