

SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning

This program sells out every year. Don't wait, register early.



ALL-SKILLS DEVELOPMENT CLINICS BASEBALL & SOFTBALL

Entry Level or Some Experience 8-12yrs

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

Professional, proven-results instructors

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. 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 1:00 – 2:00 \$100 4 weeks
 Feb: Sundays, starting Feb 3rd 1:00 – 2:00 \$100 4 weeks
 Mar: Sundays, starting Mar 3rd 1:00 – 2:00 \$125 5weeks
 additional times may be added

<p>Hitting Highlights: we can help fit the correct size & weight bat</p> <ul style="list-style-type: none"> Learn & utilize proper hitting techniques/mechanics Make better contact and generate more power Develop a mental approach to hitting Learn to bunt properly-harder than you think! Importance and Utilization of lower half, hip rotation Eye dominance and your stance Base running 	<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 an impact for all aspects. <i>Mechanics-Mechanics-Mechanics!</i></p> <p>Players will be given "take-home drills" to practice in between clinics. These are a must to lock in muscle-memory and progress throughout clinics.</p> <p>For more than 12 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.

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
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we have clinics for every level