

# 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 6<sup>th</sup> 1:00 – 2:00 \$100 4 weeks  
 Feb: Sundays, starting Feb 3<sup>rd</sup> 1:00 – 2:00 \$100 4 weeks  
 Mar: Sundays, starting Mar 3<sup>rd</sup> 1:00 – 2:00 \$125 5weeks  
 additional times may be added

<p><b>Hitting Highlights:</b> we can help fit the correct size &amp; weight bat</p> <ul style="list-style-type: none"> <li>Learn &amp; utilize proper hitting techniques/mechanics</li> <li>Make better contact and generate more power</li> <li>Develop a mental approach to hitting</li> <li>Learn to bunt properly-harder than you think!</li> <li>Importance and Utilization of lower half, hip rotation</li> <li>Eye dominance and your stance</li> <li>Base running</li> </ul>	<p><b>Fielding Highlights:</b> we can help fit the correct size glove for your position</p> <ul style="list-style-type: none"> <li>Utilize proper throwing mechanics &amp; drills</li> <li>Correct techniques for fielding groundballs</li> <li>Learn the correct technique for catching fly balls</li> <li>Advanced drill training for infield and outfield play</li> <li>Soft-hand drills &amp; importance of correct glove size</li> <li>Bucket drills, soft hands and footwork</li> <li>Foot positioning &amp; the <i>Triangle</i></li> </ul>
<p><b>Throwing and/or Pitching Highlights</b></p> <ul style="list-style-type: none"> <li>Proper pitching &amp; throwing mechanics and drills</li> <li>Increased control &amp; mechanics-velocity will develop</li> <li>Develop off-speed/change-up, 2-seam &amp; 4-seam</li> <li>Arm-strengthening, conditioning and arm health</li> <li>Avoiding "submarine/sidearm" throws</li> </ul>	<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><b>For more than 12 years, we've said: Proper Practice Makes Permanent!</b></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: \_\_\_\_\_

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we have clinics for every level