



## Baseball & Softball MODIFIED & JV PREP PROGRAM w/Video Analysis

*Be Prepared Before Tryouts in March*

Sundays in Jan & Feb only \$100/month  
Professional Results-Proven Instructors

***DON'T wait until the week before tryouts to pick up your bat and shake the rust off – it will show at tryouts!**  
Need a bat? We have demos to try. Think BIG, Shop SMALL at our Pro Shop (internet pricing)*


Start preparing in January with an intensive program designed specifically for the athlete who plans to tryout or just wants to get better for school ball. You can register for Jan, Feb or both. \$100 each month.

This program will give each player a complete training regiment, focusing on athleticism, coachability, hitting, fielding and throwing. Sessions will be held every Sunday. 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. Bring a glove and bat (if you have one). We have a great selection of gloves and bats at great prices in our Pro Shop. We even have Demo Bats available. **Parents & participants will see measureable results from start to finish.**

**Jan Workouts: Sundays, starting Jan 6<sup>th</sup> 3:00 – 4:00pm (4 weeks)** (an additional class from 4:00 – 5:00 may be added)

**Feb Workouts: Sundays, starting Feb 3<sup>rd</sup> 3:00 – 4:00pm (4 weeks)** (an additional class from 7:00 – 8:00 may be added)

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><b>Hitting Highlights:</b></p> <ul style="list-style-type: none"> <li>Progressive &amp; aggressive hitting mechanics</li> <li>Make better contact and generate more power</li> <li>Head, eyes, chin-to-contact</li> <li>Bunting techniques</li> <li>Balance, utilizing the lower half, hip rotation</li> <li>Eye dominance and your stance</li> <li>Live throwing and utilizing pitching machines</li> </ul>	<p><b>Fielding &amp; Throwing Highlights:</b></p> <ul style="list-style-type: none"> <li>Footwork , soft-hands and quick release</li> <li>Reads, accuracy and range</li> <li>Balance, stabilization &amp; the “triangle”</li> <li>Stop “pushing” and start “throwing”</li> <li>Throwing mechanics and the 90-degree angle</li> <li>Increase control, accuracy and velocity</li> <li>Arm-strengthening &amp; condition exercises</li> <li>Quick release and footwork</li> </ul>
	<p>Players will be given “homework” take-home drills to work on their own, in between sessions, to build muscle memory.</p> <p>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>

This clinic is expected to fill up fast. There is already a list for information. Payment and registration form must be received prior to the start of each month. You can mail, drop off form or call to register over the phone.

Jan \$100 (4 weeks)   
  Feb \$100 (4 weeks)   
  Jan & Feb \$200   
 Amount Enclosed: \$ \_\_\_\_\_

\*Name: \_\_\_\_\_ \*Age: \_\_\_\_\_ School: \_\_\_\_\_

\*Telephone Number: \_\_\_\_\_ \*E-MAIL: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**Sandlot Sports Academy**

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