

SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning

Indoor batting cages, team practice space and quality instruction since 2007!

Pitching Catching CLINIC



Baseball Players 8-12yrs

Proper Preparation Leads to Success!

Feb and March Clinics Limited Space

These 4 & 5 week clinics will help develop the proper mechanics to build a strong foundation.

- ✓ Assessing strengths and identifying weaknesses
- ✓ Developing an individual plan during season, as well as, the off-season
- ✓ Mastering the mental side of pitching and catching
- ✓ Understanding proper mechanics and how they relate to command and movement
- ✓ Developing correct mechanics and preventing injuries through arm conditioning

Pitchers will focus on learning and mastering different pitch grips, accuracy vs velocity, arm slot, hitting locations and the importance of long-toss regiments (no curveballs will be taught)

Catchers will focus on proper stance & setup, receiving, blocking, footwork, throwing to all bases, pop times, plays at the plate, bunt plays, pop flies, recovering wild pitches and more. (do not wear shorts)

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

Feb: Fridays, starting Feb 1st 6:00 -7:00 \$100 4 weeks

Mar: Fridays, starting Mar 1st 6:00 -7:00 \$125 5weeks

additional times may be added to ensure small class sizes

Note: We have low player-instructor ratios and limit the number of players to ensure quality & professional instruction. 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 mail form or register over the phone.

Feb \$100 Mar \$125 **Total Amount Enclosed: \$ _____**

***Name:** _____ ***Age:** _____ Pitcher Catcher Both

City/Town you play in: _____

***Telephone Number:** _____ **Parent/Contact #1** _____

***Telephone Number:** _____ **Parent/Contact #2** _____

***E-MAIL:** _____

SANDLOT SPORTS ACADEMY & Backyard Batter Pro

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607-346-0113 off hours contact



www.SandlotSportsAcademy.com