

SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning

ADVANCED HITTING & BAT SPEED CLINICS

w/video analysis

FOR BASEBALL & SOFTBALL

Intermediate, Advanced & Travel Levels Only 8-12yrs

Every Sunday 2:00-3:00 in Nov, Dec, Jan, Feb and March

A new clinic starts the beginning of each month.

Professional Results-Proven Instructors



You can't use a "cookie cutter" approach for every player. Certain fundamentals and basic mechanics are shared by most hitters. HOWEVER, each player will require his own set of instructions and hitting drills to maximize his/her understanding and potential. This program is designed for the seasoned, experienced player and preferably have already taken a *Mechanics* class. Take-home drills are given each week. Players who do these drills will see faster results. Sessions will be held every Sunday from 2:00 – 3:00pm. Registration and payment are due prior to the start of each month as class size is limited. Bring bat (if you have one). We have renovated and enlarged our Retail Shop. Demo bats available. In-stock bats at Internet pricing, special incentives and discounts. Check us out for all your baseball & softball needs.

Note: We pride ourselves on small class-sizes & low players-instructor ratios to ensure quality one-on-one professional instruction.

Hitting Highlights:

- Progressive & aggressive hitting mechanics
- Launch Angle and What It **Really** Is!
- Hitting inside and outside pitches
- Make better contact and generate more power
- Increasing bat speed
- Line Drives and placement
- Bunting techniques
- Balance, utilizing the lower half, separation & hip rotation
- Eye dominance and your stance
- Live throwing and utilizing pitching machines



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.

Starts the 1st Sunday of each month 2:00 - 3:00pm

Nov \$100 Dec \$125 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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607-973-2226 www.sandlotsportsacademy.com
607-346-0113 off hours contact



www.SandlotSportsAcademy.com