



# Baseball & Softball MODIFIED, JV LEVEL PREP PROGRAM

w/Video Analysis only \$25/week

*Be Prepared Before Tryouts in March*

Every Sunday in Nov, Dec, Jan, Feb 12:00 – 1:00

A New Clinic Starts the Beginning of Each 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 lots of demos to try. Shop Local at our Retail Shop (internet pricing)***

Start preparing in Nov 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 any month(s): Nov, Dec, Jan, Feb or both. \$25/week. Prepay each month

This program will give each player a complete training regiment, focusing on athleticism, coachability, hitting, fielding and throwing. Primary focus on hitting. 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 Retail Shop. **Parents & participants will see measureable results from start to finish.**

Note: We do not hold large clinics. We usually limit to 10-12 players each hour to ensure quality one-on-one professional instruction.

Hitting Highlights:	Fielding & Throwing Highlights:
<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>	<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.

☐ Nov \$100    ☐ Dec \$125    ☐ Jan \$100    ☐ Feb \$100    Amount Enclosed: \$ \_\_\_\_\_

\*Name: \_\_\_\_\_ \*Age: \_\_\_\_\_ ☐ Mod    ☐ JV    School: \_\_\_\_\_

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

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

## Sandlot Sports Academy

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