

SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning

Now in our 13th year



Mastering the Mechanics

Youth Pitching Clinics Softball Players 8-12yrs

only \$25/week (prepay each month)

Every Saturday 12:00 – 1:00 Nov - Mar

A new clinic starts the beginning of each month.



This class will be limited to 6 pitchers to ensure the highest quality instruction. Minimum of 3 girls to hold class. Add'l classes will be added as needed. Note: we can setup private team/group session too.

Heavy emphasis on proper mechanics, learning/ improving basic and advanced pitches, pitch grips, accuracy vs velocity, full motion throws and arm conditioning. Take home drills are expected to be worked on at home in between classes to ensure muscle memory and progression. Players should bring a notebook with them each week.

"Pitchers must practice correct mechanics at 100% effort. Aggressive mechanics done correctly builds speed. Accuracy and velocity will result from consistent repetitions. "Strikes first" without regard for mechanics is an absolute plan for failure. Practice Makes Permanent!"

NOTE: Shannon is available to work privately with your own group or team as well with special pricing. Registration and payment for the month is required prior to clinic. Stop by and complete form, print & mail form or register and pay over the phone. Please call 607-973-2226 during the hours of 3:00 – 8:00pm or 607-346-0113 off hours.

We limit the number of participants in all camps to ensure quality instruction. You may want to continue on with the next month. If so, you can simply pay prior to that clinic.

Nov \$125 Dec \$100 Jan \$100 Feb \$125 Mar \$100 Amt Enclosed \$ _____

*Name: _____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

*Telephone Number: _____ *E-MAIL: _____

Parent/Guardian Name: _____ Signature: _____

Sandlot Sports Academy

11417 LPGA Dr (Rte 352)

East Corning, NY 14830

607-973-2226 www.sandlotsportsacademy.com

607-346-0113 after hours

