

# SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning

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



## Mastering the Mechanics Baseball Players 8-12yrs

*geared toward any player level looking to developing & mastering mechanics & form*

Every Sunday 12-1pm in March and again in April

New clinics start the beginning of each month.

Very Limited Space only \$30/week (must prepay for the month)

- Designed specifically for all youth player levels
- Learning, developing and mastering the "proper" mechanics for pitching and catching
  - Preventing injuries and proper arm care for both pitchers AND catchers

**Pitchers** will focus on learning and mastering mechanics; Pitches taught: two seam & four seam fastball and the change up ; accuracy vs velocity; hitting locations & movement, arm care and strengthening.

**Catchers** will focus on learning the proper stance & setup, receiving, blocking, footwork, throwing to all bases, plays at the plate and recovering wild pitches. Please bring catchers gear if you have it.

**If you would like to purchase gear, we have complete sets for as little as \$124.99 (+shipping). We can fit the correct size on the first day of camp and will arrive before the 2<sup>nd</sup> class. Try our Demo Bats too!**

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. Parents are welcome to stay & watch or drop off.

Mqrch \$150     Apr \$120     Both \$245    Total Amount Enclosed: \$ \_\_\_\_\_

\*Player Name: \_\_\_\_\_ \*Age: \_\_\_\_  Pitcher and/or  Catcher

City/Town you play in: \_\_\_\_\_

\*Telephone Number: \_\_\_\_\_ Parent/Contact#1 \_\_\_\_\_

\*Telephone Number: \_\_\_\_\_ Parent/Contact #2 \_\_\_\_\_

\*E-MAIL: \_\_\_\_\_

### SANDLOT SPORTS ACADEMY & Backyard Batter Pro

11417 LPGA Dr/ Rte 352, E. Corning, NY 14830

607-973-2226 [www.sandlotsportsacademy.com](http://www.sandlotsportsacademy.com)

607-346-0113 off hours contact



[www.SandlotSportsAcademy.com](http://www.SandlotSportsAcademy.com)

*We have clinics specifically for different age and ability levels, 7yrs - high school.*