

April Showers Brings May "Power" with the **SWING-FEST CLINIC at The Sandlot**

100+ **Quality** Swings In An Hour Every Week
Baseball & Softball Ages 8-12 yrs

*Every Sunday Starting April 5th
Only \$100 for all 4 weeks*

*Instructors will put you through a Fast-Paced Hitting Program
designed to get you ready for the season with a ton of reps!*

Ages: 8-12yrs

Cost: \$100 for 4 weeks (1 hr each week)

When: Sundays 1-2pm 2-3pm Advanced Players (additional time at 3:00 as needed)

Clinics fill up quickly every year so don't hesitate. Limited to 12 players per hour to ensure quality instruction.

Get your reps in every week! This clinic is meant to be an instructional, yet fast-paced, class focusing on refining mechanics, utilizing upper & lower body, maximizing hip rotation, hitting with power, 'placing' the ball, **all while hitting off tees, soft-toss machines and pitching machines** to get players ready for the season.

- ❖ Players will be hitting from a tee, automated soft-toss machines and pitching machines.
- ❖ Instructor(s) will be actively monitoring and instructing players while they are using the machines.
- ❖ We will be using the commercial pitching machines please bring a helmet.
- ❖ Pitching machines will be set approx 35-50mph (younger players) and 50-60mph older players.
- ❖ We estimate each player will get at least 100 swings during each session.
- ❖ Limited to 10 participants each hour to ensure quality instruction and a ton of reps.

**Registration is due by April 3rd. However, these will fill up fast, so we suggest
you register as soon as possible. Call to register over the phone, drop off or mail in form.**

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Apr \$100 for 4 weeks Amount Enclosed: \$ _____

*Player Name: _____ *Age: _____ City: _____

*Telephone Number: _____ *E-MAIL: _____

Parent/Guardian Name: _____ Signature: _____

Sandlot Sports Academy

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607-973-2226 www.sandlotsportsacademy.com

607-346-0113 cell – please call during off hours

M-F: 3p-8p Sat: 11a-5p Sun: 12p-5p

Sundays are busiest days, please call ahead for best hours to
use the cages.

