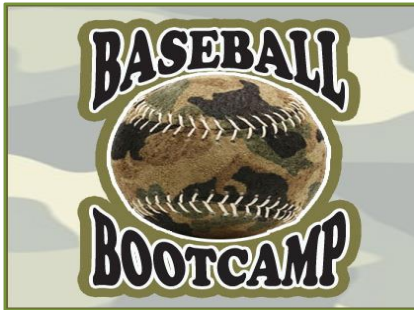


SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning



ADVANCED WINTER BOOT CAMPS for Baseball & Softball

Geared for: Advanced players 9-12yrs with experience, travel experience or have had Sandlot instruction previously



Sundays 2:00-3:00 \$25/week

Clinics start the Beginning of Each Month: Dec, Jan, Feb, Mar & Apr



ADVANCED HITTING, BAT SPEED & FIELDING & THROWING (w/video analysis for hitting)

Intensive and progressive clinic! NOT FOR BEGINNERS. We may alternate weeks between advanced hitting and advanced fielding & throwing to concentrate on certain mechanics and areas needing more attention. We will utilize video analysis with players (parents welcome to view as well) to better pinpoint and isolate issues.

Bring a glove and bat (if you have one). If not, we have a Retail Shop on-site with internet pricing. We can help fit for the correct size glove and/or bat – we do NOT go by a chart for gloves or bats as they are a guideline only.

Sign up for any month(s), then continue on if you choose. Those that continue on will be progressing and advancing each month utilizing more advanced drills.

NOTE: After a month, if we feel player needs to be challenged more, we may suggest a more advance camp (13+).

Hitting Highlights:	Fielding & Throwing Highlights:
<ul style="list-style-type: none"> • New drills and specific techniques • 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 	<ul style="list-style-type: none"> • Footwork , soft-hands and quick release • Reads, accuracy and range • Balance, stabilization & the “triangle” • Stop “pushing” and start “throwing” • Throwing mechanics and the 90-degree angle • Increase control, accuracy and velocity • Arm-strengthening & condition exercises • Quick release and footwork

These clinics fill up quickly every year. Additional dates & times will be added as needed. Don't wait, call or email form to register.

BASEBALL SOFTBALL

Dec \$100 Jan \$125 Feb \$100 Mar \$100 Apr \$75

*Name: _____ *Age: ____ City: _____

*Telephone Number: _____ *E-MAIL: _____

Parent/Guardian Name: _____ Signature: _____