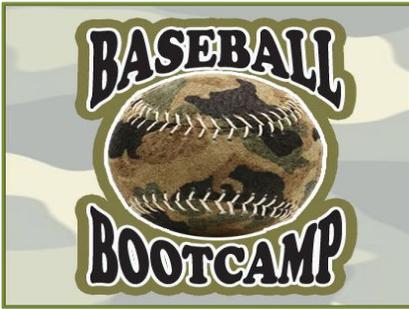


# SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning



## WINTER BOOT CAMPS for Baseball & Softball

Geared for: Rookies / Minors 8-12yrs  
Entry Level, Some Experience or Minimum Instruction

Sundays 12:00-1:00 \$25/week  
Clinics start the Beginning of Each Month:  
Dec, Jan, Feb, Mar & Apr



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. We may even suggest a more advance camp as they progress. Each Clinic is limited to no more than 10 players.

This All Skills Program is designed to give each player a complete development regiment. 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 and one-on-one training. 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 & weight—DO NOT JUST GO BY CHARTS.

**New Clinic starts every month. You can continue on with following month's clinic if you choose.**

Clinics start the first Sunday of each month. Registration due prior to that. Additional dates & times added as needed  
OUR PROGRAMS FILL QUICKLY EVERY YEAR< SO DON'T WAIT. CALL OR EMAIL TO REGISTER

<p><b>Hitting Highlights:</b></p> <ul style="list-style-type: none"> <li>Learn &amp; utilize proper hitting techniques/mechanics</li> <li>Make better contact and generate more power</li> <li>Importance and Utilization of lower half, hip rotation</li> <li>Learn the proper "arm load" (no 'elbows up')</li> <li>Learn about "separation" for more line-drives and prevent frequent "pop-ups"</li> </ul>	<p><b>Fielding Highlights:</b></p> <ul style="list-style-type: none"> <li>Utilize proper throwing mechanics &amp; drills</li> <li>Correct fielding techniques (no 'alligator' jaws)</li> <li>Training drills for infield and outfield play</li> <li>Soft-hand drills &amp; importance of correct glove size</li> <li>Bucket drills and footwork</li> <li>Foot positioning &amp; the <i>Triangle</i> (prevents ball going through legs)</li> </ul>
<p><b>Throwing Highlights</b></p> <ul style="list-style-type: none"> <li>Proper throwing mechanics, arm slots and drills</li> <li>Increased control and accuracy</li> <li>Arm-strengthening, conditioning and arm health</li> <li>Avoiding "submarine/sidearm" throws</li> <li>Body positioning, footwork</li> <li>Will help those that are interested in pitching too</li> </ul>	<p>The smallest corrections can make an impact for all aspects. <i>Mechanics-Mechanics-Mechanics!</i></p> <p>Players are given "take-home drills" to practice in between clinics. These are a must to lock in muscle-memory and progress throughout clinics.</p> <p><b>Practice Makes Permanent!</b></p>

BASEBALL  SOFTBALL

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

\*Name: \_\_\_\_\_ \*Age: \_\_\_\_ City: \_\_\_\_\_

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

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