

# SANDLOT SPORTS ACADEMY

11417 LPG A Drive (route 352) East Corning

Now in our 14<sup>th</sup> year



## Mastering the Mechanics with Autumn Stone Youth Pitching Clinics      Softball Players 8-12yrs

only \$25/week (prepay each month)

Every Tuesday 6:00 – 7:00 Jan – 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. “Speed Only” without regard for mechanics is an absolute plan for failure. Practice Makes Permanent!”*

NOTE: Autumn is available to work privately, semi-privately or 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.

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 LPG A Dr (Rte 352)

East Corning, NY 14830

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

607-346-0113 after hours

