

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

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

Every Sunday Starting April 11th
Only \$75 for all 3 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: \$75 for 3 weeks (1 hr each week)

When: Sundays 12:00 & 2:00

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 a fast-paced, yet instructional class focusing on refining mechanics, utilizing upper & lower body, maximizing hip rotation, hitting with power, 'placing' the ball, **while hitting off soft-toss machines, pitching machines & live throwing** 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 approx 100+ swings during each session.
- ❖ Limited to 12 participants each hour to ensure quality instruction and a ton of reps.

Registration is due by April 8th. 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 \$75 for 3 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.

