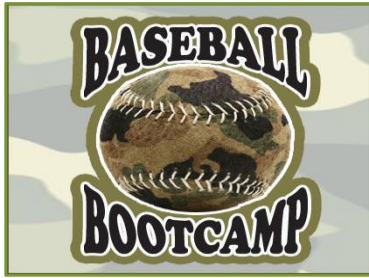


SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning



ROOKIE DEVELOPMENT WINTER BOOT CAMPS "Breaking Down Your Swing, Fielding & Throwing" for Baseball & Softball



Geared for ages 8-12yrs Entry Level, Some Experience or no formal instruction
NOTE: if you "squish the bug" or "elbows up like a chicken wing" – this is the camp for you!

Sundays 12:30-1:30 (\$25/week)

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

Sign up for any month(s), then continue on if you choose. Those that continue on will be utilizing more advanced drills. We may suggest a more advance camp depending on their progression. Each Clinic is limited in number of participants.

This All Skills Program is designed to give each player a complete development regiment focusing on proper mechanics and repetition for muscle memory. 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. 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—Bigger is not always Better.

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>Hitting Highlights:</p> <ul style="list-style-type: none"> • Learn & utilize proper hitting techniques/mechanics • Make better contact and generate more power • Importance and Utilization of lower half, hip rotation • Learn the proper "arm load" (no 'elbows up') • Learn about "separation" for more line-drives and prevent frequent "pop-ups" 	<p>Fielding Highlights:</p> <ul style="list-style-type: none"> • Utilize proper throwing mechanics & drills • Correct fielding techniques (no 'alligator' jaws) • Training drills for infield and outfield play • Soft-hand drills & importance of correct glove size • Bucket drills and footwork • Foot positioning & the <i>Triangle</i> (prevents ball going through legs)
<p>Throwing Highlights</p> <ul style="list-style-type: none"> • Proper throwing mechanics, arm slots and drills • Increased control and accuracy • Arm-strengthening, conditioning and arm health • Avoiding "submarine/sidearm" throws • Body positioning, footwork • Will help those that are interested in pitching too 	<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><u>Practice Makes Permanent!</u></p>

BASEBALL SOFTBALL **Must prepay for the month you participate in. Can continue on each month.**
 Nov \$100 Dec \$75 Jan \$125 Feb \$100 Mar \$100 Apr \$100 (Swingfest)

*Name: _____ *Age: ____ City: _____

*Telephone Number: _____ *E-MAIL: _____

Parent/Guardian Name: _____ Signature: _____