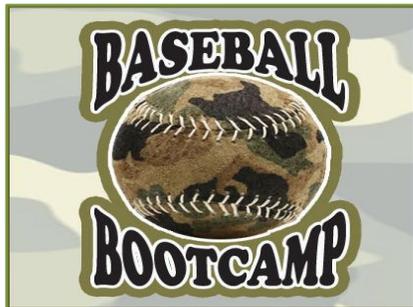


SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning



INTERMEDIATE WINTER BOOT CAMPS for Baseball & Softball



Geared for: mid-level/advanced players
ages 8-12yrs with experience, travel
experience or have had formal instruction

Sundays 2:30-3:30 (\$25/week-prepay for the month)

Clinics start the Beginning of Each Month: Nov, Dec, Jan, Feb, Mar
(April-Swingfest Clinic)

INTERMEDIATE HITTING, BAT SPEED and FIELDING & THROWING

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. 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 the month, we may recommend another clinic (level up or below) depending on each players skillset or staying in the same clinic to ensure muscle memory and proper mechanics. A lot of kids will stay in the same clinic for months or entire winter.

Hitting Highlights:

- 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

Fielding & Throwing Highlights:

- 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
 Nov \$100 Dec \$75 Jan \$125 Feb \$100 Mar \$100 April \$100

*Name: _____ *Age: ____ City: _____

*Telephone Number: _____ *E-MAIL: _____

Parent/Guardian Name: _____ Signature: _____