

!!! 15 years and going strong !!!

SANDLOT SPORTS ACADEMY

11417 LPG A Drive (route 352) East Corning

Baseball & Softball Grades 7-10



MODIFIED/JV PREP PROGRAM

w/Video Analysis only \$25/week

Be Prepared Before Tryouts in March

Every Wednesday in Nov, Dec, Jan, Feb 6:00 & 7:00 pm

A New Clinic Starts the Beginning of Each Month, can join any month

NOTE: baseball players MUST have a -3 drop BBCOR bat. We can fit for the correct size. We carry many 30 & 31" bats in our Retail Shop. This is a heavier bat so Longer is not always Better!

Need a bat? We have lots of demos to try. Shop Local at our Retail Shop (internet pricing)

Start preparing in Nov with an intensive program designed specifically for the athlete who plans to tryout or just wants to get better for school ball, Babe Ruth or Senior Ball. You can register for any month(s) and add as you go.

This program will give each player a complete training regiment, focusing on athleticism, attitude, being coachable, hitting, fielding and throwing. Primary focus on hitting and may alternate weeks for hitting, fielding & throwing. 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). We have a great selection of gloves and bats at great prices in our Retail Shop. **Parents & participants will see measureable results from start to finish.**

<p>Hitting Highlights:</p> <ul style="list-style-type: none"> • Progressive & aggressive hitting mechanics • Make better contact and generate more power • Head, eyes, chin-to-contact • Bunting techniques • Balance, utilizing the lower half, hip rotation • Eye dominance and your stance • Live throwing and utilizing pitching machines 	<p>Fielding & Throwing Highlights:</p> <ul style="list-style-type: none"> • 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
	<p>Players will be given "homework" - take-home drills to work on their own, in between sessions, to build muscle memory.</p> <p>IMPORTANT: If players do not do their "homework", they are wasting their time. It only takes a few minutes each day.</p>

This clinic is expected to fill up fast. There is already a list for information. Payment and registration form must be received prior to the start of each month. You can mail, drop off form or call to register over the phone.

Nov \$100 Dec \$125 Jan \$100 Feb \$100 Amount Enclosed: \$ _____

*Name: _____ School/League: _____

7th/8th grade 9th/10th grade baseball softball

*Telephone Number: _____ *E-MAIL: _____
Parent/Guardian Name: _____ Signature: _____