

SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning



ADVANCED SWINGFEST WINTER CLINICS

for Baseball & Softball ages 10-12yrs
Tuesdays 7-8 (\$25/week-prepay for that month)

**Clinics start the Beginning of Each Month:
Dec, Jan, Feb, Mar, Apr**

Geared for the **truly advanced hitters**, ages 10-12yrs, who have had formal instruction in Sandlot or taken previous Advanced Camps in the past. This a fast-paced hitting clinic for players who are familiar with our "up to date" terminology & philosophy and/or instructors.

NOTE: if you want to take a "mechanics refresher" camp in November to prepare for this, the Intermediate Boot Camp will be on Sundays.



Get your reps in every week! This clinic will focus on refining mechanics, utilizing upper & lower body, maximizing hip rotation, hitting with power, 'placing' the ball, 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 will be actively monitoring and instructing players.
- ❖ We will be using the commercial pitching machines so please bring a helmet.
- ❖ Pitching machines will be set at various speeds. (fast-ball & change up)
- ❖ We estimate each player will get approx 100+ swings during each session.

NOTE: you must prepay for the month you are participating in. You can continue on with the next month if you choose.

BASEBALL SOFTBALL

Dec \$100 Jan \$100 Feb \$100 Mar \$125 April \$100

*Name: _____ *Age: __ City: _____

*Telephone Number: _____ *E-MAIL: _____

Parent/Guardian Name: _____ Signature: _____