

# SANDBLOT SPORTS ACADEMY

11417 LPGa Drive (route 352) East Corning

Now in our 15<sup>th</sup> year



## Softball Pitching Clinics with Autumn Stone

### Mastering the Mechanics ages 8-12yrs

1<sup>st</sup> session: Mondays 6:00 – 7:00 Nov 8<sup>th</sup> - Dec 20<sup>th</sup>

2<sup>nd</sup> Session: Mondays 6:00 – 7:00 Jan 3<sup>rd</sup> – Feb 28<sup>th</sup>

### Mechanics, Power & Velocity ages 13yr

1<sup>st</sup> session: Sundays 1:30 - 2:30 Nov 7<sup>th</sup> – Dec 19<sup>th</sup>

2<sup>nd</sup> Session: Sundays 1:30 - 2:30 Jan 2<sup>nd</sup> – Feb 27<sup>th</sup>



Want to throw more strikes, be more aggressive and increase velocity?

Each clinic will be limited to 4 pitchers to ensure the highest quality instruction. Emphasis on proper mechanics, learning/improving basic and advanced pitches, pitch grips, accuracy vs velocity, full-motion throws and arm conditioning. We will focus on accuracy and hitting locations. Take home drills are expected to be worked on at home in between classes to ensure muscle memory and progression. Players should bring a notebook with them each week as drills may differ for each pitcher. Each clinic will consist of mechanics and full-motion pitching. Parents are welcome to observe.

***“Pitchers must practice correct mechanics at 100% effort. Aggressive mechanics done correctly builds speed. Accuracy and velocity will result from consistent mechanics & repetitions. “Speed Only” without regard for mechanics is an absolute plan for failure.***

NOTE: Autumn is also available for private semi-privately or team instruction. Registration and payment is required prior to clinic. Stop by and complete form, print & mail form or register and pay over the phone. Please call 607-973-2226 during reg hours. We accept cash, checks or cards. There is a 3.99% processing fee for credit cards (ex. \$175 processing fee would equal \$6.98)

Nov - Dec     Mondays 6-7pm 8-12yrs    \$175     Sundays 1:30-2:30 13yrs+    \$175    **Amt Enclosed \$ \_\_\_\_\_**  
 Jan - Feb     Mondays 6-7pm 8-12yrs    \$225     Sundays 1:30-2:30 13yrs+    \$225    **Amt Enclosed \$ \_\_\_\_\_**

\*Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
\*Telephone Number: \_\_\_\_\_ \*E-MAIL: \_\_\_\_\_  
Parent/Guardian Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**Sandlot Sports Academy**  
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607-346-0113 after hours

