

!!! 16 years in business. Professional Instruction with measureable and proven results !!!

SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning



Baseball & Softball Clinics Start Each Month Nov - Feb

WINTER WORKOUT PREP PROGRAM

13+yrs w/video analysis

Be Prepared Before Tryouts in March

Every Tuesday in Nov, Dec, Jan, Feb 7:00-8:00 pm

NOTE: baseball players MUST have a -3 drop BBCOR bat for school ball. 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!

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

Start preparing in Nov with a professionally-formatted program designed specifically for the athlete who plans to try out for school ball OR just improve your skillset for recreational ball. You can register for any month(s) and add-on 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 but may alternate weeks with fielding & throwing. Registration and payment are due prior to the start of each month 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 always fills 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.

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

Nov \$150 (5 weeks) Dec \$120 Jan \$150 (5 weeks) Feb \$120 Amount Enclosed: \$ _____

Cash Check or CC# _____ EXP ____ / ____ / ____ CVV CODE _____

*Name: _____ School/League: _____

Parent/Guardian Name: _____ *Telephone Number: _____

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