



SANDLOT
sports academy



WINTER TRAINING CAMPS

50/50 "ADVANCED" Hitting & Fielding WINTER CLINICS baseball & softball 10-12yrs

Sundays 2:30-3:30 \$30/week

Clinics start the Beginning of Each Month: **Nov, 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 also be on Sundays.

Get your reps in every week! This clinic will focus on fielding: footwork, quick release, range and control. Hitting: 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, Backyard Batter Pro soft-toss machines and pitching machines.
- ❖ Instructors 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 and pay before the next clinic starts.

BASEBALL SOFTBALL
 Nov \$120 Dec \$90 Jan \$120 Feb \$120 Mar \$120 April \$150

*Name: _____ *Age: ___ City: _____

*Telephone Number: _____ Parent/Guardian: _____

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professional Instruction with 'Proven Results' for 16 years

