



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

