



**“ADVANCED”
WINTER CLINICS**
hitting & fielding
baseball & softball 10-12yrs

Mondays 6:00-7:00 \$30/week per month
Clinics start the Beginning of Each Month:
Nov, Dec, Jan, Feb, Mar, Apr

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

NOTE: if you want to take a “mechanics refresher” camp in November to prepare for this, the Intermediate Clinic

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, pitching machines, Max BP and other advanced tools.
- ❖ Video Analysis
- ❖ Mental Toughness training

Be Your Own



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 Apr \$150 (Swingfest)

*Name: _____ *Age: __ City: _____

*Telephone Number: _____ Parent/Guardian: _____

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SANDLOT SPORTS ACADEMY 11417 LPGa Dr/ Rte 352, E. Corning, NY 14830
607-973-2226 www.sandlotsportsacademy.com 607-346-0113 off hours contact
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