



**SANDLOT**  
sports academy

# WINTER TRAINING CAMPS

## 50/50 INTERMEDIATE WINTER BOOT CAMPS (fielding & hitting)

Baseball & Softball ages 8-12yrs

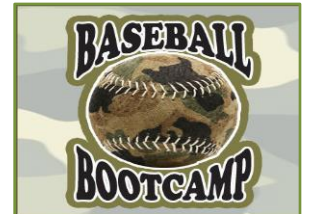
Sundays 2:30-3:30 \$30/week per month  
Clinics start the Beginning of Each Month:  
Nov, Dec, Jan, Feb Mar, & April - Swingfest

Intended for the mid-level/semi-advanced players with experience and knowledge of mechanics. This is NOT for the beginner or novice player.

Professional instruction on intermediate hitting, fielding & throwing. Heavy focus on perfecting mechanics and areas needing more attention. Bring a glove and bat (if you have one). If not, we have a Retail Shop on-site with internet pricing. We can help fit for the correct size glove and/or bat. We also have some Demo bats to "try before you buy."



Sign up for the first month, then continue on if you choose. Those that continue on will be progressing and advancing each month utilizing more advanced drills.



**NOTE:** After the month, we may recommend another clinic (level up or below) depending on each players skillset. Many kids stay in the same clinic for months or winter to ensure proper skillset development and some move up to the Advanced clinic.

<p><b>Hitting Highlights:</b></p> <ul style="list-style-type: none"> <li>• New drills and specific techniques</li> <li>• Hitting inside and outside pitches</li> <li>• Make better contact and generate more power</li> <li>• Increasing bat speed</li> <li>• Line Drives and placement</li> <li>• Bunting techniques</li> <li>• Balance, utilizing the lower half, separation &amp; hip rotation</li> <li>• Eye dominance and your stance</li> </ul>	<p><b>Fielding &amp; Throwing Highlights:</b></p> <ul style="list-style-type: none"> <li>• Footwork , soft-hands and quick release</li> <li>• Reads, accuracy and range</li> <li>• Balance, stabilization &amp; the "triangle"</li> <li>• Stop "pushing" and start "throwing"</li> <li>• Throwing mechanics and the 90-degree angle</li> <li>• Increase control, accuracy and velocity</li> <li>• Arm-strengthening &amp; condition exercises</li> <li>• Quick release and footwork</li> </ul>
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These clinics fill up quickly every year. Additional dates & times will be added as needed. Don't wait, call or email form to register.

NOTE: you must prepay the first months clinic, then any additional months will need to be paid before the start of that month

BASEBALL  SOFTBALL **Must prepay the entire month you are first attending . Can continue on each month.**  
 Nov \$120  Dec \$120  Jan \$120  Feb \$120  Mar \$150  Apr \$120 (Swingfest)

\*Name: \_\_\_\_\_ \*Age: \_\_\_ City: \_\_\_\_\_

\*Telephone Number: \_\_\_\_\_ Parent/Guardian Name: \_\_\_\_\_

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