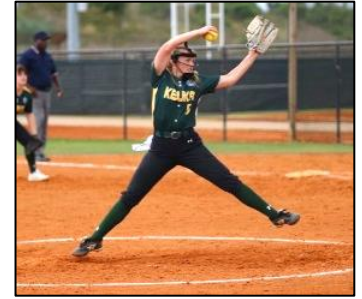


SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning

Now in our 16th year



“Diamonds in the Rough” Softball Pitching Clinic

This clinic is designed specifically for beginners and/or players with some pitching experience that want to build a solid foundation with proper mechanics. Ages 8yrs-12/13yrs

with Head Instructor AUTUMN STONE and Keuka Pitcher Emily Vandelinder

Tuesdays 6:00 – 7:00 Nov 7th - Dec 19th

cost: only \$210 for 7 weeks

This clinic will be limited to 10 pitchers to ensure the highest quality instruction. Emphasis on proper mechanics, learning/improving basic pitches, pitch grips, **accuracy vs velocity**, full- motion throws and arm conditioning. Heavy focus on accuracy and hitting locations. Take home drills are expected to be worked on at home, in between sessions, to ensure muscle memory and progression. Players should bring a notebook with them each week, as drills may differ for each pitcher. Parents are welcome to observe.

NOTE: Autumn & Emily are also available for private semi-private or team instruction. Registration and payment is required prior to clinic. Stop by to complete form, print & mail form or register and pay over the phone. Please call 607-973-2226 during reg business hours. We accept cash, checks or cards.(There is a 3.99% processing fee for cards (ex. \$210 processing fee would equal approx \$8.38)

Experience Level: [] new, never pitched [] very little/some [] 1 year or more pitching

Name: _____ Age: _____
Address: _____ City/Town: _____
State: _____ Zip: _____
Telephone Number: _____ E-MAIL: _____
Parent/Guardian Name: _____

Sandlot Sports Academy

11417 LPGA Dr (Rte 352)

East Corning, NY 14830

607-973-2226 www.sandlotsportsacademy.com

607-346-0113 after hours

the **SANDLOT**
SPORTS
ACADEMY

