



# WINTER WORKOUT PREP PROGRAM

7<sup>th</sup> – 10<sup>th</sup> grades

hitting & fielding for baseball & softball

Be Prepared BEFORE Tryouts in March

Tuesdays 7-8pm \$30/week per month

Clinics start the beginning of each month: Nov, Dec, Jan, Feb

**NOTE: baseball players MUST have a -3 drop BBCOR bat for school ball. This is a much heavier bat. We can fit for the correct size. We carry many 30 & 31" bats, for those just starting with BBCOR, in our Retail Shop.**

*We have some demos to try. Shop Local at our Retail Shop (internet pricing)*

Start preparing in Nov with a professionally-formatted program designed specifically for the athlete who plans to try out for school ball OR just improve your skillset for Babe Ruth level or recreational ball. You can register for any month(s) and add-on as you go.

This program will give each player a complete training regiment, focusing on athleticism, attitude, being coachable, hitting, fielding and throwing. Primary focus on hitting but will alternate weeks with fielding & throwing. We pride ourselves on a low instructor-player ratio to ensure the highest quality instruction. Bring a glove and bat (if you have one). We have a great selection of gloves and bats at great prices in our Retail Shop. **Parents & participants will see measureable results from start to finish.**



Hitting Highlights: VIDEO ANALYSIS	Fielding & Throwing Highlights:
<ul style="list-style-type: none"> <li>Progressive &amp; aggressive hitting mechanics</li> <li>Make better contact and generate more power</li> <li>Head, eyes, chin-to-contact</li> <li>Bunting techniques</li> <li>Balance, utilizing the lower half, hip rotation</li> <li>Eye dominance and your stance</li> <li>Live throwing and utilizing pitching machines</li> <li>MENTAL TOUGHNESS training</li> </ul>	<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>

This clinic always fills up fast. There is already a list for information. Payment and registration form must be received prior to the start of each month. You can mail, drop off form or call to register over the phone.

baseball     softball     7<sup>th</sup>/8<sup>th</sup> grade     9<sup>th</sup>/10<sup>th</sup> grade

Nov \$120     Dec \$90     Jan \$120     Feb \$120    Amount Enclosed: \$ \_\_\_\_\_

Cash     Check    or CC# \_\_\_\_\_    EXP \_\_\_\_ / \_\_\_\_ / \_\_\_\_    CVV CODE \_\_\_\_\_

\*Name: \_\_\_\_\_    School/League: \_\_\_\_\_

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

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