

SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning



"Diamonds in the Rough" Softball Pitching Clinics

Novice & Intermediate/Advanced levels, ages 9yrs-13yrs

NOVICE and/or BEGINNERS

w/Izzy Milazzo
Ages 9-12yrs
Tuesdays 6:00-7:00
6 weeks:
Mar 4th – Apr 8th
\$180



INTERM/ADVANCED

w/Emily Vandelinder
Ages 10-13yrs
Wednesdays 7:00-8:00
5 weeks:
Mar 12th – Apr 9th
\$150

**A possibility we may be able to start
Mar 5th. IF we do, there will be an add'l \$30 charge*

There *may* be 1 session when each of the instructors may sub with each other due to schedules.
We are also running catchers clinics concurrently and may combine pitchers & catchers at times for practice

*both instructors are also area teachers. Izzy attended Cortland, Emily attended Keuka.

* we are working on additional clinics to these

These clinics will be limited 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. NOTE: at the 9-12yr levels, velocity should **NOT** be a priority. You need to build a solid foundation --Velocity will come. Take home drills are expected to be worked on at home, in between sessions, to ensure muscle memory and progression. Players are encouraged to bring a notebook with them, as drills may differ for each pitcher. Parents are welcome to observe and ask questions.

NOTE: Izzy & Emily are also available for private semi-private or team instruction. Registration and payment is required by end of Feb. 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. (Note: There is a 3.99% processing fee for cards)

Select the Clinic: Novice \$180 Intermediate/Advanced \$150
\$180 if we start March 5th

Name: _____ Age: _____
City/Town: _____ Travel Team, If Any: _____
Telephone Number: _____
Parent/Guardian Name: _____

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11417 LPGA Dr (Rte 352)

East Corning, NY 14830

607-973-2226 www.sandlotsportsacademy.com

