

SANDBLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning

Indoor batting cages, Retail Store, team practice space and professional instruction since 2007!



Pitching Catching CLINIC



8-week Off-Season Clinic Mastering the Mechanics Baseball Players 8-12yrs

Mondays Nov 3rd – Dec 22nd 6-7pm

8-12yrs Novice/Intermediate Level - we adjust to each players skill level

Limited Space! \$280 for 8 weeks! (\$35/week)

(we may be able to accommodate players that cannot make every week)



- Designed specifically for all youth player levels
- Learning, developing and mastering the “proper” mechanics for pitching and catching
 - Preventing injuries and proper arm care for both pitchers AND catchers
 - Dual-position players can work both pitching & catching
 - Recovery drills for pitchers after workouts

Pitchers will focus on learning and mastering mechanics; Pitches taught: two seam & four seam fastball and the change up (if advanced); accuracy vs velocity; hitting locations & movement, arm care and arm strengthening.

Catchers will focus on learning the proper stance & setup, receiving, blocking, footwork, throwing to all bases, plays at the plate and recovering wild pitches. Please bring catchers gear if you have it. Catchers - do NOT wear shorts.

NOTE: we have gear in our Pro Shop. If you would like to purchase gear, we have complete sets for under \$200. Come at least 2 weeks before the clinic in case we need to order your size.

Note: We have low player-instructor ratios and limit the number of players to ensure quality instruction. These clinics fill up fast, so don't wait. Payment and registration form must be received by end of Feb. Stop by, mail form or register over the phone. Parents are welcome to stay & watch or drop off. If players is a pitcher & catcher, they can do both and alternate.

\$280 per player 8 weeks Total Amount Enclosed or ** \$35/week x # of weeks= \$ _____

**please list the weeks NOT attending: _____

*Player(s) Name: _____ *Age(s): _____ [] Pitcher or [] Catcher

City/Town you play in: _____

*Telephone Number: _____ Parent/Contact#1 _____

*Telephone Number: _____ Parent/Contact #2 _____

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