

SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning

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



8-week Off Season Clinic Advanced Pitching Baseball Players 10-13yrs

Sundays Nov 2nd – Dec 21st 2-3pm

10-13yrs Advanced Players - we adjust to each players skill level
Limited Space! \$280 for 8 weeks! (\$35/week)

- **Proper Pitching Mechanics** –body sequencing used to generate velocity without overloading arms.
 - **Velocity Development Drills** – Specific training methods to increase pitching speed safely
 - **Lower-Body Power & Core Engagement** – How to generate force from the ground up
 - **Arm Care & Recovery** – Keep your arm healthy and ready for the next game.
- **Mental Approach to Pitching** – Develop the focus and confidence to execute under pressure

Note: We have a low player-instructor ratio 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 Oct. Stop by, mail form or register over the phone. Parents are welcome to stay & watch or drop off.

\$280 per player 8 weeks

*Player(s) Name: _____ *Age(s): _____

City/Town/team(s) you play: _____

*Telephone Number: _____ Parent/Contact#1 _____

*Telephone Number: _____ Parent/Contact #2 _____

SANDLOT SPORTS ACADEMY

11417 LPGA Dr/ Rte 352, E. Corning, NY 14830

607-973-2226 www.sandlotsportsacademy.com

