

SANDLOT SPORTS ACADEMY

11417 LPGA Drive (route 352) East Corning

April Showers Brings May "Power" with the **SWING-FEST SUNDAY CLINICS**

GET YOUR REPS IN
Baseball & Softball Ages 8-12 yrs

Beginners/Novice 12:30

Intermediate/Advanced 2:30 (3:30 for additional clinic)



Only \$105 for the last 3 week in April (must be prepaid by April 1st)

Instructors will put you through a Fast-Paced Hitting Program designed to get you ready for the season with a ton of reps!

Get your reps in every week! This clinic is meant to be a fast-paced, yet instructional class focusing on refining mechanics, utilizing upper & lower body, maximizing hip rotation, hitting with power, 'placing' the ball, **while hitting off soft-toss machines, pitching machines, Max BP and live throwing** to get players ready for the season.

- ❖ Players will be hitting tees, soft-toss machines, Max BP, standard and commercial pitching machines.
- ❖ Instructors will be actively monitoring and instructing players at each station.
- ❖ We will be using the commercial pitching machines please bring a helmet.
- ❖ Pitching machines will be set approx 30-44mph (younger players) and 50-60mph older players.
- ❖ We estimate each player will get approx 100+ swings during each session.
- ❖ Limited participant, low instructor-player ration to ensure quality instruction and a ton of reps.
- ❖ You may wear cleats if you like.

Join any time. Call to register as soon as possible. Call to register over the phone, drop off or mail in form.

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*Player Name: _____ *Age: __ League: _____

*Telephone Numbers: _____

Parent/Guardian Names: _____

Skill Level: _____ Beginner/Novice _____ Intermediate/Advanced

Sandlot Sports Academy

11417 LPGA Dr (on Rte 352) E. Corning, NY 14830

607-973-2226 www.sandlotsportsacademy.com

M-F: 3p-8p Sat: 11a-4p Sun: 12p-5p

Please call ahead for best hours to use the cages.

