



BUILDING THE FOUNDATION & SKILLS DEVELOPMENT MONTHLY WINTER CLINICS

Baseball & Softball ages 7-12 yrs

Sundays 12:30-1:30 (month-long clinics)

Clinics start the Beginning of Each Month: Nov, Dec, Jan, Feb, Mar & Apr-Swingfest

Geared to the inexperienced player, new player OR player with no formal instruction. If you still "squish the bug" or if your "elbow is up like a chicken wing", this is the clinic to help correct that.

This All-Skills Program is specifically formatted to give each player a complete development-regiment focusing on proper mechanics and repetition for muscle memory. We pride ourselves on a low instructor-player ratio to ensure the highest quality instruction.

Bring a glove and bat (if you have one). If not, we have a Retail Shop on site, with internet pricing. We can help fit for the correct size. We even have DEMO bats to try.

Sign up for any month(s), then continue on if you choose. You must prepay the first month.

Any additional months will need to be paid before the start of **that** month. Those that continue on will be utilizing more advanced drills. We may suggest a more advance camp if/when the coaches feel the player is ready. All clinics are on sundays. NOTE: adults are allowed to observe the clinics.



OUR PROGRAMS FILL QUICKLY EVERY YEAR. **NOTE: Proper footwear - NO CROCS**

Hitting Highlights: • Learn & utilize proper hitting techniques/mechanics • Make better contact and generate more power • The correct stance for each player • Importance and Utilization of lower half, hip rotation • Learn the proper "arm load" (no 'elbows up') • Learn about "separation" for more line-drives and prevent frequent "pop-ups"	Fielding Highlights: • Utilize proper throwing mechanics & drills • Correct fielding techniques (no 'alligator' jaws) • Training drills for infield and outfield play • Soft-hand drills & importance of correct glove size • Bucket drills and footwork • Foot positioning & the <i>Triangle</i> (prevents ball going through legs)
Throwing Highlights • Proper throwing mechanics, arm slots and drills • Increased control and accuracy • Arm-strengthening, conditioning and arm health • Avoiding "submarine/sidearm" throws • Body positioning, footwork • Will help those that are interested in pitching too	The smallest corrections can make an impact for all aspects. <i>Mechanics-Mechanics-Mechanics!</i> Players are given "take-home drills" to practice in between clinics. These are a must to lock in muscle-memory and progress throughout clinics. TRUST THE PROCESS - Practice Makes Permanent

REGISTRATION CAN NOT BE DONE ONLINE. MAIL, STOP BY OR CALL 607-973-2226

[] BASEBALL [] SOFTBALL Must prepay for the entire month you participate in. Can continue on each month.

[] Nov \$175 [] Dec \$140 [] Jan \$175 [] Feb \$140 [] Mar \$140 [] Apr \$105 (*Swingfest 3 weeks)

**Swingfest in April: fast-paced, lots of reps with machines and live pitching*

*Name: _____ *Age: ____ City: _____

*Telephone Number: _____ *Parent/Guardian Name: _____

*Telephone Number: _____ *Parent/Guardian Name: _____

SANDLOT SPORTS ACADEMY 11417 LPGa Dr/ Rte 352, E. Corning, NY 14830
607-973-2226 www.sandlotsportsacademy.com 607-346-0113 off hours contact