

2018 WINTER BASEBALL SOE



13-18 Year Olds (Dec. 3rd, 2018 – Mar.31st, 2019)

*Classes * Lessons * Rentals * Camps/Clinics * Birthday Parties*

Catchers Clinic – (ages 13+) *Designed to introduce the proper mechanics to improve as a defensive catcher. A catcher with proper fundamentals and good mechanics can help a team win ball games.*
 Wednesdays 6:00 PM – 7:00 PM 6 weeks for \$120 Begins November 28th

Elite Catchers Clinic – (ages 13+) *A class geared toward a more advanced catcher, working on the finer aspects of the position. Game calling, responsibilities, fundamentals, and the goals of catching.*
 Wednesdays 7:00 PM – 8:00 PM 6 weeks for \$120 Begins November 28th

Zach's Pitching Camp (Ages 13+) *All aspects of throwing and building a pitching delivery you can repeat along with a strength station to conclude class. Classes will focus on pre-hab, mechanics, and, recovery. This is the class that will get you to the next level!!!!*
 Thursdays 6:00 PM – 7:00 PM 4 weeks for \$80

High School Prep Class – *This class is designed for the modified, freshman, JV or Varsity player to get them both mentally and physically ready for their upcoming spring tryouts and season.*

Hitters – *Start from the ground up and work on your hitting mechanics. Improve timing, pitch recognition and see live pitching.*

Pitchers – *Build arm strength through long toss and band work. Build up stamina in bullpen sessions and develop leg strength through pitcher specific workouts. Learn to repeat mechanics and develop the mental game while improving secondary pitches. Learn the meaning of pre-hab & re-hab.*

Catchers- *Improve catching skills of receiving, blocking & throwing to build the confidence to catch any pitcher as well as develop the mental side of calling a game & working with your pitchers.*

Pitchers: Sundays at 12:00 PM – 1:30 PM

Hitters: Sundays at 1:30 PM – 3:00 PM

Catchers: Sundays at 12:00 PM – 1:30 PM then hit for free from 1:30 PM – 3:00 PM

13 weeks for \$300 per session. \$500 for both sessions

Catchers Hit For FREE!!!!
 Runs December 2nd – Feb. 24th

ALL NEW FOR 2019!!!! COMPETITIVE HITTING FOR AGES 16+

A 2-Hour class for hitters ages 16 and up. Designed to challenge hitters on a higher level. Improve their physical skills through mobility & strength from within their swing as well as at-bats against a higher level of pitching. With use of Hit Trax, all hitters will be able to track both their data, and their improvements. Designed and Coached by Steve DeLuca

Saturday's 10:00am-12:00PM

6 weeks: \$200.00

Session 1 Dec 1st, 2018

Session 2 Jan. 12th, 2019

Speed and Agility Class – *Core strength, speed and agility. This class is designed to help you with your footwork and core strength while increasing agility. A must for any player looking to make a major jump in their playing level.*

\$10 per class

Tuesdays or Wednesdays 8 PM – 9 PM

Facility and Cage rentals: *Rent one of our cages, pitching machines or our facility. Cages are available for reservation or on a first come, first serve basis. Ask about our seasonal rates!*

15 min = \$15 ▪ 30 min = \$25 ▪ 60 min = \$50

Private Lessons (ages 5+): *Individual lessons available by appointment.*

Private

30 min = \$45

60 min = \$80

5 pack (30 min) = \$210

30 pack (30 min) = \$1110

10 pack (30 min) = \$410

40 pack (30 min) = \$1400

15 pack (30 min) = \$600

50 pack (30 min) = \$1650

20 pack (30 min) = \$780

100 pack (30 min) = \$3000

World Membership: *A Family Membership that saves you money and gives you free training time along with discounts on all lessons, classes, clinics and camps.*

- Family Membership: \$325 annual fee. Includes (12) ½ hour cage rentals and 2 free 30 minute lessons.

All memberships save you 25% off all classes, camps, clinics, and lessons along with 10% off all pro-shop purchases. Rentals and lessons are valid for 1 year from date of purchase.

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