

# 2019 FALL BASEBALL SOE



**13-18 Year Olds (September 2<sup>nd</sup> – December 1<sup>st</sup>, 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 October 2<sup>nd</sup>

**Elite Hitter's Class with Coach Steve** – (ages 13+) *A class for the advanced hitter. Working with our Hit Trax system, all elements of the swing will be charted as the players compete against each other in 6 different hitting areas.*

Saturdays 10AM – 11:30AM                      6 weeks for \$180                      Begins Nov. 2<sup>nd</sup>, 2019

**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** – Redesigned for 2019!! *Players will be broken down into two distinct age groups!!!*

*This class is designed for the Modified/Freshman, and the JV/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 – Working on building up arm strength through the use of plyo balls and specific exercises that will help promote long term arm health.*

**Modified/Freshman 12:00PM-2:00PM      JV/Varsity 2:00PM-4:00PM**

12 weeks for \$300  
 December 8<sup>th</sup>, 2020 – March 1<sup>st</sup>, 2020

**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

\*\*\*Wednesdays 8 PM – 9 PM\*\*\* Additional days or 1-on-1 available

**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 proshop purchases. Rentals and lessons are valid for 1 year from date of purchase.

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