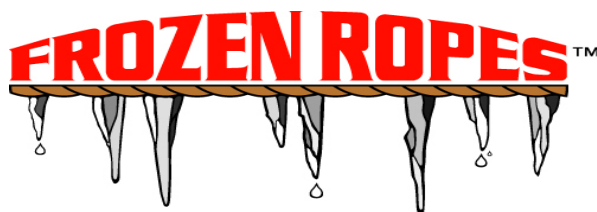


2019 WINTER BASEBALL SOE



13-18 Year Olds (December 2nd – March 29th, 2020)

*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

Session 2: Jan. 8th, 2020

Session 3: Feb. 19th, 2020

Elite Hitter's Class – (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. Taught by a Collegiate Hitting Coach and a Professional Scout from a MLB team.

Saturdays 10AM – 11:30AM

6 weeks for \$180

Begins Nov. 2nd, 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 8th, 2020 – March 1st, 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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