



2020/21 WINTER BASEBALL SOE

December 1st, 2020 – April 1st 2021

<p><u>Born To Play</u> (Ages 3-4) Born to Play introduces your player to baseball in a teaching environment.</p> <p style="text-align: right;">4 weeks for \$80</p> <p>Saturday's 10:00 AM – 10:50 AM</p>
<p>Age based skills class focusing on the Big Four: Hitting, Throwing, Fielding & Catching.</p> <p><u>Rookie Class</u> (Ages 5-6) Saturday's 11:00 AM -12:00 PM <u>Minors Class</u> (Ages 7-9) Saturday's 12:00 PM – 1:00 PM <u>Majors Class</u> (Ages 10-12) Saturday's 1:00 PM – 2:00 PM</p> <p style="text-align: right;">4 weeks for \$100</p>
<p><u>Zach's Pitching Camp</u> - Building clean and consistent mechanics with a proper warm up and recovery routine. Using data to create a competitive environment and improve skills.</p> <p style="text-align: right;">4 weeks for \$100</p> <p>Tuesday's 6:00 PM – 7:00 PM (Ages 8-12) Thursday's 6:00 PM – 7:00 PM (Ages 13-18)</p>
<p><u>Hitting Boot Camp</u> - The ultimate workout for any hitter. Situations, bat speed, strength, visual mechanics, contact angles and lots of reps.</p> <p style="text-align: right;">4 weeks for \$100</p> <p>Thursday's 6:00 PM – 7:00 PM (Ages 8-12) Thursday's 7:00 PM – 8:00 PM (Ages 13-18)</p>
<p><u>Catchers Clinic</u> – (Ages 8-16) A class just for catchers. Improve your receiving, blocking and throw downs.</p> <p style="text-align: right;">4 weeks for \$100</p> <p>Wednesday's 5:00 PM – 6:00 PM</p>
<p><u>High School Prep Class</u> – (Ages 13-18) This class is designed for the Modified/Freshman, and the JV/Varsity player to both mentally and physically prepare them for their upcoming spring tryouts and season.</p> <p>Hitters – Start from the ground up and work on your hitting mechanics. Improve timing, pitch recognition and see live pitching.</p> <p>Pitchers – Work on building up arm strength through the use of plyo balls and specific exercises that will help promote long term arm health. Data collected using Rapsodo to adjust or create new pitches.</p> <p style="text-align: right;">12 Weeks for \$300</p> <p>Sunday's 12:00 PM - 2:00 PM (Modified/Freshman) Sunday's 2:00 PM - 4:00 PM (JV/Varsity)</p>
<p><u>World Membership:</u> A Family Membership that saves you money and gives you free training time along with discounts on all lessons, classes, clinics and camps. Valid for 1 year from purchase date.</p> <ul style="list-style-type: none"> • Family Membership: \$300 annual fee. Includes (12) ½ hour cage rentals and 2 free 30 minute lessons. • Save 20% on all lessons, rentals, camps and clinics along with 10% on all pro-shop purchases.
<p><u>Facility and Cage Rentals</u> - Rent one of our cages, pitching machines or our facility. Cages are available by reservation only.</p> <p style="text-align: right;">\$50 per hour</p>
<p><u>Private Lessons</u> (Ages 7+) Individual lessons available by appointment.</p> <p>30 min = \$45 60 min = \$85</p> <p>5 Pack (30 min) = \$210 10 Pack (30 min) = \$410 15 Pack (30 min) = \$600 20 Pack (30 min) = \$780</p>