

Hitting

- Bat Selection
- Stance
- Driving the Baseball
- Opposite Field Hitting
- Off-Speed Hitting

Pitching

- Proper Mechanics
- Arm Strengthening
- Improving Control
- Core Conditioning
- Mental Approach

Fielding

- Proper Footwork
- Glove Drills
- Throwing Drills
- Aggressive Approach to Position

Catching

- Proper Catching Stance
- Blocking Technique
- Creating the Chute
- Smart Catching, Force Plays, Tag & Bunt Plays

Winter Clinics



S P O R T S A C A D E M Y

973-777-BATS (2287)

Sign Up Now

Whether you are 7 or 17
An Infielder, Outfielder, a
Pitcher or Catcher, Playing
Little League, Travel Ball
High School or College

Winter Pre-Season Training
Will Help To Train You To Be

THE ATHLETE YOU WANT TO BE!

Train this Winter with other athletes
under the direction of men and women who
have played the game. OUR COACHES not
only know the sports of Baseball and Softball,
THEY KNOW HOW TO TEACH IT!

Passion - Commitment - Success

Instruction

Whether you are looking for Team, Group or Individual Training,
Lefty's is where you want to train!

For more information or to read about our staff,
check out our website:

www.leftyssportsacademy.com

See Reverse Side Of Form For 2010 Schedule And Registration

Winter Clinics

LITTLE LEAGUE

Beginners: 7 to 9 Years old

Hitting: Tuesday's 6:00 - 7:00pm

Clinic #LL 101 1/5, 12, 19, 26

Clinic #LL 102 2/2, 9, 16, 23

Clinic #LL 103 3/2, 9, 16, 23

Pitching: Tuesday's 7:00 - 8:00pm

Clinic #LL 104 1/5, 12, 19, 26

Clinic #LL 105 2/2, 9, 16, 23

Clinic #LL 106 3/2, 9, 16, 23

Intermediate: 10 to 12 Years old

Hitting: Wednesday's 6:00 - 7:00pm

Clinic #LL 107 1/6, 13, 20, 27

Clinic #LL 108 2/3, 10, 17, 24

Clinic #LL 109 3/3, 10, 17, 24

Pitching: Wednesday's 7:00 - 8:00pm

Clinic #LL110 1/6, 13, 20, 27

Clinic #LL111 2/3, 10, 17, 24

Clinic #LL112 3/3, 10, 17, 24

 **Hitting & Fielding** 

Little League

Combo Fielding & Hitting

10 Weeks 90 min. Each Week!

Sundays 1/10 - 3/14

9:00 - 10:30am

\$300 If You Register Before

Thanksgiving

\$330.00 After Thanksgiving

Clinic #HC400

Register Today!

Clinics Have Limited Space Available

High School

POWER HITTING

Drive the Ball - Hitting the Inside and Outside Pitch - Opposite Field Hitting
WEDNESDAYS (8:00 - 9:15pm) - PH 200 1/6, 13, 20 * PH201 1/27, 2/3, 2/10
PH202 2/17, 24, 3/3 * PH203 3/10, 17, 24
SATURDAYS (3:00 - 4:15pm) - PH204 2/20, 27, 3/6 * PH205 3/13, 20, 27

Lefty's Registration Form

Name: _____ D.O.B.: _____

Address: _____

Town: _____ State: _____ Zip: _____

Phone #: _____ Cell #: _____

E-Mail Address: _____ @ _____

Please register my son / daughter for the following clinics. I understand that there will be NO cash refunds. Any participant missing an entire clinic will be issued a Lefty's Credit minus a \$30.00 administration fee. No refunds for missing single clinic dates. No Make up sessions. Please use a separate form for each participant.

All 4 week LL Clinics - please include \$130.00

High School Power Hitting - Please include \$90.00 per 3 week session

Parent/Guardian Signature

PAYMENT MUST BE INCLUDED

Clinic #: _____ Clinic #: _____

Method of Payment: Cash Check MC Visa Amex
Card#: _____

Exp. Date: _____ Billing Zip Code: _____

Mail checks to: Lefty's Sports Academy
840 Bloomfield Ave.— Clifton, NJ 07012