

Check out the
POWER HITTING CLINICS

HIGH SCHOOL Winter Training



The camp will run on consecutive Sundays, 1/8/12 thru 2/26/12. Each week you will meet with our coaching staff for 1.5 hours of "Hands On" training. Guest coaches will be used to highlight specific areas. You WILL work during this program and you WILL see the results in the Spring!

Our Training Will Include:

Hitting

Power, Stance, Swing, Stride, Pitch Selection

Pitching

Mechanics, Arm Strengthening, Control

Catching

Catching Stance, Blocking, Force Plays, Tag Plays, Bunt Plays

Fielding

Cut Off, Fielding Triangle
Overall Strength & Agility Training

Lefty's Sports Academy offers the finest instructional staff anywhere. The coaching staff consists of instructors with a wide variety of baseball backgrounds. You are sure to improve your existing skills and even learn something new.

Register individually or as a team!

Lefty's Registration Form

High School: _____ Year: Fr Soph Jr Sr '11 Level: Fr JV V
Name: _____ D.O.B.: _____
Address: _____
Town: _____ State: _____ Zip: _____
Phone #: _____ Cell #: _____
E-Mail Address: _____ @ _____

Please register my son for the "All Around" team clinic which will run on consecutive Sundays 1/8/12 thru 2/26/12. I understand that there will be NO cash refunds. Any participant missing the entire camp will be issued a Lefty's Credit minus a \$30.00 administration fee. No refunds for missing single clinic date/s. Clinic fee is \$295.00. Sibling discount is a \$15.00 deduction on second child's clinic rate. Please use a separate form for each participant. Checks should be payable to Lefty's Sports Academy.

PAYMENT AND FORM MUST BE INCLUDED

Mail Checks to: Lefty's Sports Academy
840 Bloomfield Avenue, Clifton, NJ 07012
973-777-2287

Parent/Guardian Signature

Method of Payment: Cash Check MC Visa Amex
Card#: _____
Exp. Date: _____ Billing Zip Code: _____