

10 Weeks of Live Pitching vs. Live Hitting

Get "Locked In" for your season with a winter program providing 10 weeks of Live Pitching vs. Live Hitting beginning in January and running into mid-March. The program will consist of 4 pitchers each evening throwing to two catchers and challenging 8 live hitters. Each night will be capped at 12 players total to ensure safety and quality of at bats. Each pitcher will throw 40-50 pitches from a regulation mound from behind an L-screen, catchers will alternate innings, and hitters will face game-like situations. Each night will consist of a draft and a scrimmage to simulate a "Real Game Feel." Balls and strikes will be called by the catcher. Hits, outs, and score assessed by the coach, Ian Church. Each session will conclude with an intense training session implementing speed, strength and power training. Composite or Wood bats only...No Aluminum bats!!!

Tennis shoes or turfs only...No Cleats!!!

HIGH SCHOOL PLAYERS ONLY

The Program is \$30 per two hour session up front (\$300). Pick one evening (Tuesday or Thursday). I would like to designate pitchers, catchers, and position players each night. I would encourage dual role players (pitchers and hitters) to sign up for both nights to be able to concentrate completely on one craft each night. This will be first come, first serve, and space is limited. If the demand is high, a Monday session could potentially be added. Please fill out the registration form and either fax or turn into the front desk of ProSwing of Port Chester.

Telephone: 914-937-6700 Fax 914-937-2304

Pick One Night (or both!)

- Tuesdays: 1/3/12 for 10 weeks into March
 Thursdays: 1/5/12 for 10 weeks into March

Player Name: _____

D.O.B: ____/____/____ Age: ____ Grade: ____

Height: _____ Weight: _____

Position Request (circle one or more): Pitcher Hitter Catcher

Address: _____

City: _____ State: ____ Zip: _____

Home # _____ Cell # _____

Email: _____ Grade: _____

School: _____

Emergency Contact: _____ Cell: _____

Fee - \$300

Payment Type: Check# _____ CC# _____

Expiration Date ____/____

Make Checks Payable to **PROSWING** (all camps are to be paid in full prior to start date)

ProSwing Athletic Training Center
36 Midland Avenue,
Port Chester, NY 10573

DATES:

Tuesdays :

Jan. 3,10,17,24,31

Feb. 7,14,28

March 6, 13

Thursdays:

Jan. 5,12,19,26

Feb. 2,9,16

Mar. 1,8,15

BREAKDOWN:

8:00 - 10:00pm

8:00pm Warm up

8:15pm Game time

9:40pm Intense boot camp training

We want you to

GET YOUR WORK IN!

HIGH SCHOOL PLAYERS ONLY