

**H.S. Softball
Winter Training**



5:00 - 6:30pm

The camp will run on Sundays,
1/22/17 thru 2/26/17.

(5:00-6:30pm) (No Session 2/5)

Each week you will meet with
our coaching staff for 1.5 hours
of "Hands On" training.

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, Situational Plays

Fielding

Cut Offs, Fielding Triangle, Throwing Position

Speed & Conditioning

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

Low Player to Coach Ratio

Lefty's Registration Form

High School: _____ Year: Fr Soph Jr Sr Prime: _____ Sec: _____

Name: _____ D.O.B.: _____

Address: _____

Town: _____ State: _____ Zip: _____

Phone #: _____ Cell #: _____

E-Mail Address: _____ @ _____

Please register my daughter for the "All Around" team clinic which will run on consecutive Sundays 1/22/17 thru 2/26/17. (No session 2/5/17) 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 dates. No make up sessions. Clinic fee is \$160.00. 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.

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

Give us a Call to Register on the Phone
973-777-2287

Parent/Guardian Signature

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

Exp. Date: _____ Billing Zip Code: _____