

**Check out the  
HIGH SCHOOL  
HITTING CLINICS**

# High School Winter Training



**12:30 - 2:15pm Session**

The camp will run on consecutive Sundays, 1/8/17 thru 2/26/17. Each week you will meet with our coaching staff for 1.75 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, 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 baseball 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 son for the "All Around" High School clinic which will run on consecutive Sundays 1/8/17 thru 2/26/17. 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 date/s. No make up sessions. Clinic fee is **\$290.00**. Sibling discount is a \$15.00 deduction on second child's clinic rate. Please use a separate form for each participant.

\_\_\_\_\_  
Parent/Guardian Signature

**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**

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