



Winter Hitting Boot Camp
Directors: Matt Duffy and Coach Jay



When: Tuesdays and Fridays

Where: Braintree Baseball Club

Time: Tuesdays 3:30 p.m. – 5 p.m. Fridays 3:30-5 p.m.

Age Group: 10-13

Cost: \$400 per session. (\$26/hour)

Walk In Rate: \$45

*** This is an advanced class and participants should speak to instructors before signing up**

Session 1	Session 2
11/22, 11/25, 11/29, 12/2, 12/6, 12/9, 12/13, 12/16, 12/20, 12/23	12/27, 12/30, 1/3, 1/6, 1/10, 1/13, 1/17, 1/29, 1/24, 1/27

The goal of each session is to evaluate the current stance, swing and mechanics of each hitter. Then break down the swing, and incorporate professional instruction with a current MLB player and local college and high school coach.

We will cover the following:

- Proper mechanics, hand placement and stride, unique to each hitter
- How to improve bat speed, How to hit with two strikes, How to hit in situations
- How to hit the other way, How to hit the inside pitch, How to hit off-speed pitching
- How to prepare mentally for each at bat, How to prepare physically for your season
- How to use your feet quickly and with power to run the bases

Sessions Signing up for: Session 1 or Session 2 Both (Circle One)

Participant's Name: _____

Date of Birth: _____

Email Address 1 : _____

Cell Phone# _____

Make Checks Out To: Braintree Baseball Club

Amount Paid: _____ Check # _____

Mail Payment To: Braintree Baseball Club 24 Plain St, Braintree Ma 02184

www.braintreebaseballclub.com