

# Spring Fever!



## Get Ready for your Baseball Season

Join us **For 6 Weeks of Baseball Fundamentals**  
**Starting March 10<sup>th</sup> 2012** at 1:00pm & 2:00pm at the  
**Oneida Rec Center**. Join us for 1 week or all 6 weeks.

The Hitting Machine will run this 6 week developmental program. This program is built to be beneficial, whether you choose to attend all 6 sessions or just 1 session. The program will focus on all the different fundamentals involved in game of Baseball/Softball. From hitting & base running to pitching & catching. We will look to enhance your child's skill level as well as give them a solid foundation to work from time and time again.

(Each Camp limited to 20 participants)

**Session 1** Ages: 6 – 9 years old.

**Clinic will run 1-hour a week for 6 weeks Cost: \$12 per week or all 6 weeks for \$60**

**March 10, 17, 24, 31(no class on April 7th), April 14, 21**

**Start time: 1:00pm**

**Session 2** Ages: 10 – 12 years old.

**Clinic will run 1-hour a week for 6 weeks Cost: \$12 per week or all 6 weeks for \$60**

**March 10, 17, 24, 31(no class on April 7th), April 14, 21**

**Start time: 2:00pm**

**Week 1** – Will focus on just Hitting, All core elements of stance and approach to achieving the best fundamentals

**Week 2** – 2/3 of the clinic will be on throwing. Mechanics, Proper grip, Stance and follow through. Last 1/3 will be on Hitting.

**Week 3** – 2/3 of the clinic will be on Base running. Proper technique, proper fundamentals and benefits. Last 1/3 will be on Hitting.

**Week 4** – 2/3 of the clinic will be on Infield play. Proper way to field a ground ball, situations, and basic fundamentals. Last 1/3 will be on Hitting.

**Week 5** – 2/3 of clinic will be on Outfield play. Proper position, fly balls, taking proper angels, and hitting cut off men. Last 1/3 will be on Hitting.

**Week 6** - 2/3 of the clinic will be on Pitching. Proper set up, mechanics, do's and don'ts, balance, follow through. Last 1/3 will be on Hitting.

**\*If not we do not have enough participants to run 2 different sessions then we hold the right to hold 1 session\***

To register for this event please either go to the Oneida Rec Center or visit us online at [www.hittingmachine.com](http://www.hittingmachine.com) click on Baseball Camps. All money will be collected day of each event. Please make check payable to the Hitting Machine. Any additional questions please call 315-849-9080



# Baseball Spring Training

## Session 1

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**Start time: 2:00pm**

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Please fill in all information, circle the session(s) you would like to attend and then return below with your check:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_

E-mail Address \_\_\_\_\_

I being the legal parent or guardian of the above named minor do hereby certify that my son/daughter is in good health and may participate in all camp activities. I hereby appoint The Hitting Machine Staff to act in my behalf in authorizing medical attention.

Parent or Guardian Signature \_\_\_\_\_

**Please** (circle session(s) attending)

**Baseball Clinic** Ages 6 - 9 -- Session 1 - **Fee for each 1 Clinic \$12.00 – Fee for all 6 Clinic(s) \$60.00**

**March 10, 17, 24, 31(no class on April 7th), April 14, 21 – Attending all Sessions**

**Baseball Clinic** Ages 10 - 12 -- Session 2 - **Fee for each 1 Clinic \$12.00 – Fee for all 6 Clinic(s) \$60.00**

**March 10, 17, 24, 31(no class on April 7th), April 14, 21 – Attending all Sessions**

Make checks payable to:  
The Hitting Machine

**FOR MORE INFORMATION CALL 315-849-9080**