



SLAMMERS BASEBALL & SOFTBALL TRAINING ACADEMY

2012 WINTER BASEBALL TRAINING PROGRAMS *HELD AT THE LIBERTYVILLE SPORTS COMPLEX*

Skill Specific Camps for January through March, 2012

BASEBALL HITTING CAMP

THURSDAY EVENINGS

Slammers Hitting Instructors will break down each participants swing from the stance to the swing's finish, and through drills and repetition, we will help make the adjustments that each participant can carry into next Season. Stay in good hitting shape with the proper training and mechanics that once learned, can consistently be incorporated into your normal Baseball routine.

BASEBALL PITCHING CAMP

TUESDAY EVENINGS

Slammers Pitching Instructors work with each participant on their approach and delivery on the mound. With progressive drills (from basic to advanced), our Instructors will help build the proper mechanics which will help prevent and even eliminate future injuries. Learn the proper mechanics that once learned, can consistently be incorporated into your normal Baseball routine.

PROGRAM DATES & TIMES:

Baseball Hitting Program

(Maximum Players: 18/session)

Session 1: **January 5th – February 9th**
Session 2: **February 16th – March 22nd**

Group 1 (Ages 7-9): **6:00 - 7:00pm**
Group 2 (Ages 10-12): **7:00 - 8:00pm**

REGISTRATION COSTS:

Members/Residents: **\$100/session (\$180/both)**
Non-Members: **\$125/session (\$225/both)**

PROGRAM DATES & TIMES:

Baseball Pitching Program

(Maximum Players: 12/session)

Session 1: **January 3rd – February 7th**
Session 2: **February 14th – March 20th**

Ages: **9 – 13 years old**
Tuesday Nights: **7:00 – 8:00pm**

REGISTRATION COSTS:

Members/Residents: **\$100/session (\$180/both)**
Non-Members: **\$125/session (\$225/both)**

Register for ANY of the above programs held at the Libertyville Sports Complex:

www.slammersillinois.com

For info on other Winter Training Programs, you can send an Email to Slammers at:

kyle@slammersillinois.com