



**What are you doing this off season?
SHARPEN YOUR SKILLS...
IMPROVE YOUR GAME!**

The Upper Deck Baseball Academy addresses every facet of baseball & softball, with instructional techniques and drills unlike anything the average player has ever seen. The individualized training systems we've developed go far beyond anything normally offered in a league situation. They are designed so that when a player participates in an Upper Deck Clinic, they emerge with a workable program they can stay with for the rest of their career.

ONE DAY CLINICS 2018 & 2019 CLINIC DETAILS

***Space is limited, so you'll want to register early**

Don't miss out on your chance to work with the area's top coaches and players!

CLINIC #	CLINIC DESCRIPTION	AGE	DAY	DATES	TIME	COST
101	Baseball Pitching	7 to 15	Saturday	December 15, 2018	9am - 12pm	\$75
102	Softball Pitching				9am - 12pm	\$75
201	Baseball Combo	7 to 15	Saturday	January 26, 2019	9am - 12pm	\$75
202	Softball Combo				9am - 12pm	\$75
301	Baseball Hitting	7 to 15	Saturday	February 23, 2019	9am - 12pm	\$75
302	Softball Hitting				9am - 12pm	\$75

PLEASE NOTE: MAKE-UP CLASSES WILL OCCUR ONLY WHEN THE CLASS IS CANCELLED BY UPPER DECK DUE TO WEATHER OR OTHER UNFORESEEN CIRCUMSTANCES.

**Athletes will be spit into groups based on skill level and age.
Please make sure you select the correct clinic # for baseball or softball.**

BASEBALL CLINIC DETAILS

- Baseball Hitting:** Covers the fundamentals of the swing; stance, grip, hand position, load, stride, hips, follow through
- Baseball Pitching:** Covers the basic fundamentals of pitching - lower body, balance, head position, hand break, arm position, delivery and follow through
- Baseball Combo:** Covers various weekly topics such as hitting, fielding, throwing, sliding - designed to touch on most aspects of the game (excludes pitching or catching)

SOFTBALL CLINIC DETAILS

- Softball Hitting:** Covers the stance, grip, foot work, hip movement and balance
- Softball Pitching:** Covers fast pitch softball fundamentals - lower body, balance, grip, rotation, arm position and break, deliver, follow through
- Softball Combo:** Covers various weekly topics such as hitting, fielding, throwing, sliding - designed to touch on most aspects of the game (excludes pitching or catching)

**Correct bad habits and knock the rust off your swing...
SIGN UP TODAY!**

Upper Deck Baseball Academy
1 John Dean Memorial Blvd
PO Box 7626 • Cumberland, RI 02864
(401) 334-1539 • UpperDeckBA@verizon.net
www.UpperDeckBA.com

Call Upper Deck Baseball Academy at (401) 334-1539 to learn more about our Membership Options, Private Lessons and Cage & Facility Rentals!

>>> REGISTER TODAY USING THE FORM ON THE BACK OF THIS PAGE! <<<