



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 goes 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.

SESSION 4

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

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

CLINIC #	CLINIC DESCRIPTION	AGE	DAY	DATES	TIME	COST
55	Baseball - Combo	7 to 9	Sundays	2/28, 3/7, 3/14, 3/21, 3/28	1:00 - 1:55	\$110
56	Baseball - Combo	10 to 12	Sundays	2/28, 3/7, 3/14, 3/21, 3/28	1:00 - 1:55	\$110
57	Softball - Fast Pitch Pitching	9 to 12	Sundays	2/28, 3/7, 3/14, 3/21, 3/28	1:00 - 1:55	\$110
58	Softball - Fast Pitch Combo	7 to 12	Sundays	2/28, 3/7, 3/14, 3/21, 3/28	2:00 - 2:55	\$110
59	Baseball - Pitching	9 to 12	Sundays	2/28, 3/7, 3/14, 3/21, 3/28	2:00 - 2:55	\$110
60	Baseball - Catcher's Combo	9 to 12	Sundays	2/28, 3/7, 3/14, 3/21, 3/28	2:00 - 2:55	\$110
61	Softball - Fast Pitch Hitting	13+	Sundays	2/28, 3/7, 3/14, 3/21, 3/28	3:00 - 3:55	\$110
62	Baseball - Pitching	13+	Sundays	2/28, 3/7, 3/14, 3/21, 3/28	3:00 - 3:55	\$110
63	Baseball - Hitting	7 to 9	Tuesdays	3/2, 3/9, 3/16, 3/23, 3/30	6:00 - 6:55	\$110
64	Baseball - Hitting	10 to 12	Tuesdays	3/2, 3/9, 3/16, 3/23, 3/30	6:00 - 6:55	\$110
65	Softball - Fast Pitch Combo	7 to 12	Tuesdays	3/2, 3/9, 3/16, 3/23, 3/30	6:00 - 6:55	\$110
66	Softball - Fast Pitch Pitching	9 to 12	Tuesdays	3/2, 3/9, 3/16, 3/23, 3/30	6:00 - 6:55	\$110
67	Softball - Fast Pitch Hitting	9 to 12	Tuesdays	3/2, 3/9, 3/16, 3/23, 3/30	7:00 - 7:55	\$110
68	Baseball - Pitching	9 to 12	Tuesdays	3/2, 3/9, 3/16, 3/23, 3/30	7:00 - 7:55	\$110
69	Baseball - Hitting to ALL FIELDS	9 to 12	Tuesdays	3/2, 3/9, 3/16, 3/23, 3/30	7:00 - 7:55	\$110
70	Softball - Fast Pitch Hitting	13+	Tuesdays	3/2, 3/9, 3/16, 3/23, 3/30	8:00 - 8:55	\$110
71	Baseball - Pitching	13+	Tuesdays	3/2, 3/9, 3/16, 3/23, 3/30	8:00 - 8:55	\$110
72	ELITE - Speed & Agility	10 +	Tuesdays & Sundays	3/2, 3/9, 3/16, 3/23, 3/30 2/28, 3/7, 3/14, 3/21, 3/28	8:00 - 8:55 3:00 - 3:55	\$160
73	SPECIAL - April Vacation Baseball Camp	7 to 12	M - F	4/19, 4/20, 4/21, 4/22, 4/23	9:00 - 3:00	\$150

PLEASE NOTE: MAKE-UP CLASSES WILL OCCUR ONLY WHEN THE CLASS IS CANCELLED BY UPPER DECK DUE TO WEATHER OR OTHER UNFORSEEN CIRCUMSTANCES. NO MAKE-UPS FOR PERSONAL REASONS. PRE-REGISTRATION PRORATIONS ONLY

CLINIC DETAILS

Baseball Pitching 9 to 12 covers the basic fundamentals of pitching...lower body, balance, head position, hand break, arm position, delivery and follow through

Baseball Pitching 13+ covers the fundamentals of pitching...lower body, balance, head position, hand break, arm position, delivery and follow through

Baseball Hitting 7 to 12 covers the fundamentals of the swing; stance, grip, hand position, load, stride, hips, follow through

Baseball Hitting to All Fields 9 to 12 covers the fundamentals of the swing; stance, grip, hand position, load, stride, hips, follow through to take the ball

Baseball Hitting 13+ covers the fundamentals of the swing but also expands in areas such as hitting off speed pitches, knowledge of the strike zone, count management, batter's box positioning and visualization

Baseball Combo 7 to 12 covers various weekly topics such as hitting, fielding, throwing, sliding... designed to touch on most aspects of the game (excludes pitching or catching)

Catcher's Combo covers blocking, framing, throwing techniques, but includes hitting on a rotating basis

FP Softball Pitching 9 to 12 covers fast pitch softball fundamentals...lower body, balance, grip, rotation, arm position and break, delivery, follow through

FP Softball Combo 7 to 12 covers various weekly topics such as hitting, fielding, throwing, sliding...designed to touch on most aspects of the game

FP Softball Hitting 9 to 12 covers the stance, grip, foot work, hip movement and balance

FP Softball Hitting 13+ covers the stance, grip, foot work, hip movement, balance, bunting and slapping

Speed & Agility fitness training to improve a player's agility and quickness. Twice a week, so bring your energy bars

April Vacation Baseball Camp is all around baseball and softball fun. Open to kids looking to concentrate on fundamentals while having a great time!

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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! <<<

