



HIT & RUN BASEBALL

SPRING CLINICS 2008



PREPARING FOR NEXT LEVEL HITTING

- ALL AGES -

SATURDAY, MAY 31ST, 2008

Are you ready to hit at your next level??

All players ages 7-11 and 12 and up... here is a hitting clinic you will not want to miss! This clinic will provide you new and advanced Hitting information that will get you on the right track for practicing your hitting! You have to know 1) Basic Mechanics of Hitting – things you must do and 2) How to practice them so you are not just wasting your time swing after swing! You will not want to miss the information this clinic is going to provide.

Coach Mike Jackson, owner of Hit and Run Baseball and Seminole Community College Assistant Coach, will be holding a Hitting Clinic for players ages 7-11, and 12 and up. The information is simple and easy to follow, yet missed by many parents and coaches.

This clinic is designed to cover the concepts of Hitting Mechanics and how to achieve the things you seem to be missing. We will cover:

- Basic Swing Mechanics – What you have to do.
- Why the grip is the most underrated element taught to today's players!
- Keys for the Head and Hands – what do they do vs. what you think they are doing.
- Lower Body – Where Power is generated.
- Keeping Torque, Leverage, Power and Bat Speed simple to understand.
- Your APPROACH in the box – do you have one? Do you use it every time?
- Rotational Hitting? Linear Motion? Trigger, Load? Let's keep this simple folks!

WHEN:	May 31st , 2008 – Saturday	
WHERE:	Hit & Run Baseball Facility	
TIME / COST:	9:00am – 10:30am (ages 7-11)	\$40.00
	10:30am – 12:00pm (ages 12-16)	\$50.00
	Coaches Only Fee	\$40.00

Do not miss this opportunity to hear what you've been missing – it doesn't matter how young or old the player is. To HIT at your Next Level, you need to train at the next level!

REGISTRATION FORM

PLAYER NAME: _____ AGE: _____ TELEPHONE: _____
 ADDRESS: _____ CITY/ST/ZIP: _____
 PAYMENT METHOD Visa MC AMEX Check (circle one) CC#: _____
 Name on Credit Card: _____ Exp Date: _____ CC# on Rear: _____