

East Coast Sports Academy

This clinic is designed to help develop sound **body mechanics** in a hitters swing. Many bad habits are caused by improper body mechanics. At this clinic, each student's batting stance and swing will be analyzed by members of our staff. Players will be required to learn **daily drills** which will enhance their progress and help to improve their swing. Instruction will include **individual attention** to each player. **Parents** and coaches are welcome to stay and watch every session. Due to the amount of time we would like to devote to each player, **enrollment is limited.**

Sessions run on Monday evenings for ages 6-12. If you would like your child to attend both Monday time slots, please check both boxes and you will receive an adjusted price of **\$150.00.**

Hitting Clinic Schedule 2010

****These sessions will run on a monthly basis****

Age	Day	Time	Dates
6-12	<input type="checkbox"/> Monday	4:00-5:00 PM	2/22, 3/1, 3/8, 3/15
6-12	<input type="checkbox"/> Monday	5:00-6:00 PM	2/22, 3/1, 3/8, 3/15

Cost: \$80.00 per student for 4 sessions – 10% sibling discount

Name: _____ Phone: _____ Age: _____

Address: _____

E-Mail Address: _____

Make checks payable to **East Coast Sports**

Mail to:

3580 Oceanside Rd. Oceanside, NY 11572

(516) 208-7168

www.eastcoastsportsacademy.org

