



East Coast Sports Academy



Presents

Lil' Big Leaguers For 3-5 Year Olds

Our Lil' Big Leaguers program is dedicated to teaching your son or daughter the game of baseball in a **FUN** and **INTERACTIVE** way. With a class size of only 6 students to one coach, your child will learn the fundamentals of fielding, throwing, and hitting.

Your child will learn:

- **Fielding:** emphasis on using two hands, staying in front of the ball and not falling down
- **Throwing/Pitching:** learn how to point, step, and throw with proper motion, aim, accuracy and distance
- **Hitting:** focusing on proper stance and level swing to make contact with the ball off the tee - introduction to hitting from a pitch
- Simple base running and base recognition
- Improve hand/eye coordination
- Balance and agility
- Learn how to be a team player in areas such as following instructions and taking turns

**** Program runs on Saturdays- 2/6, 2/13, 2/20, 2/27, 3/6 ****

****Cost: \$100.00 per student****

****Time: 11:00AM-11:50AM****

****10% off sibling discount****

****10% off returning student****

Lil' Big Leaguers 2010

Name: _____ Age: _____

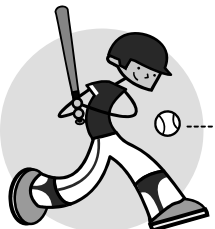
Address: _____ Phone#: _____

E-Mail Address: _____

Make checks payable to **East Coast Sports**

Mail to: East Coast Sports Academy
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516.208.7168

www.eastcoastsportsacademy.org



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