



LITTLE LEAGUE BASEBALL CLINICS

Baseball Head Start, ages 5-7

\$125. 5 week clinic for 8 players. Introduces players to the fun of baseball and correct techniques of throwing, catching, fielding and hitting.

<input type="checkbox"/>	Sundays 1-2pm; Feb 12, 26, March 4, 11, 18. Coach Donovan
<input type="checkbox"/>	Tuesdays 4-5pm; Feb 28, March 6, 13, 20, 27. Coach Donovan
<input type="checkbox"/>	Thurs 4-5pm; Feb 9, 16, March 1, 8, 15. Coach Donovan

Baseball Fundamentals, ages 8-10

\$145. 5-week clinic for 8 players. This small group clinic covers basic baseball skills for new and experienced players: throwing, catching, hitting, fielding and positional play.

<input type="checkbox"/>	Sundays 2-3pm; March 4, 11, 18, 25, April 1. Coach Donovan
<input type="checkbox"/>	Fridays 5-6pm; Feb 10, 17, March 2, 9, 16. Coach Donovan

Little League Hitting, ages 8-12

\$160. 5 week clinic for 6 players. The program covers proper hitting mechanics through numerous drills and live batting practice. Includes personalized instruction.

<input type="checkbox"/>	Mondays 6-7pm; Feb 27, March 5, 12, 19, 26. Coach Donovan
<input type="checkbox"/>	Thursdays 5-6pm; March 1, 8, 15, 22, 29. Coach Donovan
<input type="checkbox"/>	Sundays 4-5pm; Feb 12, 26, March 4, 11, 18. Coach Donovan

Baseball Clinic Instructors

Brandon Anderson, pro player, Frontier League
Jeff Kane, assistant coach, Holy Cross
Brendan Eygabroat, head coach, UMass-Boston
Steve Donovan, Westford Academy JV coach, former pitching coach Merrimack College

Babe Ruth & High School programs on page 2

Little League Spring Training!

Pre-season skills & conditioning for ages 9-12

\$160. Get ready for baseball season with pro-player Brandon Anderson's 5-week program covering hitting, throwing, fielding, and pre-season baseball exercises for strength, flexibility and conditioning. Limited to 8 players!

<input type="checkbox"/>	Saturdays 10-11am: Feb 25, Mar 3, 10, 17, 24. Anderson
<input type="checkbox"/>	Saturdays 4-5 pm; Feb 25, March 3, 10, 17, 24. Anderson

Little League Pitching, ages 8-12

\$175. 5 week clinic for 4 players in our clay bullpen.

For new and experienced pitchers. Covers proper mechanics of pitching from the full wind-up position with techniques to improve form, balance and control. Personalized instruction.

<input type="checkbox"/>	Mondays 5-6pm; Feb 6, 13, 27, March 5, 12. Coach Donovan
<input type="checkbox"/>	Tuesdays 5-6pm; Feb 7, 13, 28, March 6, 13. Coach Donovan
<input type="checkbox"/>	Thursdays 6-7pm; March 1, 8, 15, 22, 29. Coach Donovan
<input type="checkbox"/>	Saturdays 3-4pm; Feb 25, March 3, 10, 17, 24. Donovan
<input type="checkbox"/>	Sundays 3-4pm; Feb 12, 26, March 4, 11, 18. Coach Donovan

Catching Lessons, ages 9-12

\$175. 5 week clinic for 4 players. Covers core catching skills of receiving, blocking & throwing through progressive drills. Covers other skills based on age & ability: bunts, tag plays pop-ups, pitch calling, situational tactics, speed & footwork drills.

<input type="checkbox"/>	Sat. 9-10am; Feb 25, March 3, 10, 17, 24. Coach Anderson
<input type="checkbox"/>	Sun. noon-1 pm; Feb 26, March 4, 11, 18, 25. Coach Anderson



Please indicate selections with a checkmark in the box next to the selected clinics schedule. Register by phone (978-266-1766), FAX (978-266-1764) or by mailing form and payment to AtBats.

Player's name: _____ Date of birth: _____

Street address: _____ City: _____ State: _____ Zip: _____

Home phone#: _____ E-mail address for notifications: _____

Parent or guardian: _____ Work# _____ Cell#: _____

I hereby certify that my child is in good health and has my permission to participate in this program. I also give my permission for my child to receive any diagnostic, therapeutic and/or operative procedures as deemed necessary if emergency treatment is required and I cannot be reached. I realize that this sport involves the potential for injury, and I acknowledge that even with the use of protective equipment and observance of the rules, injuries may still occur. I hold harmless, AtBats Training Center, including any individual, group, organization or corporation that directly or indirectly organized, sponsored, contributed, licensed or volunteered their efforts to this event, from all liabilities, damages, claims or demands whatsoever on account of any injury or accident involving the student arising out of participation in this training program.

Parent or guardian signature required: _____ Date: _____



HIGH SCHOOL BASEBALL & BABE RUTH LEVEL Winter 2012 Programs

High School Hitting Workouts

\$225. 5 week, semi-private advanced hitting clinics with pro-player Brandon Anderson .

3 players per group. Get ready for spring tryouts early with our HS hitting workouts this winter. These workouts utilize the same off-season training drills used by college players. Instruction is focused on developing a strong, compact swing that is repeatable under game pressure, enabling hitters to handle all types of pitching and drive the ball to all fields.

<input type="checkbox"/>	Saturdays 5-6pm ; Feb 11, 25, March 3, 10, 17
<input type="checkbox"/>	Sundays 1-2pm; Feb 12, 26, March 4, 11, 18

Advanced Catching, ages 13-17

\$195. 5 weeks of semi-private lessons with coach Brandon Anderson. Advanced instruction in core catching skills: receiving, blocking & throwing, situational tactics, speed & footwork drills. Limited to 4 players. Individualized instruction.

<input type="checkbox"/>	Call for schedule...
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Private Pitching Lessons

Coaches John Kelly and Steve Donovan are available for private pitching lessons. Coach Kelly is a former pro pitcher and pitching coach for the Worcester Tornados. Coach Donovan is WA JV coach and former pitching coach for Merrimack College. Call for rates & availability.

Babe Ruth Spring Training!

Pre-season skills & conditioning for ages 12-15

\$160. Get ready for baseball season with pro-player Brandon Anderson's 3-week program covering hitting, throwing, fielding, and pre-season baseball exercises for strength, flexibility and conditioning. Limited to 6 players!

<input type="checkbox"/>	Saturdays 3-4pm; Feb 25, March 3, 10, 17, 24. Coach Anderson
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Babe Ruth Hitting, ages 12-15

\$185. 5-week semi-private clinic for 4 players. Hitting drills and live batting practice are used to develop good mechanics for the set-up, stride, pivot, and approach with the hands and path of the bat. Covers situational hitting, hitting different pitches and mental aspects of hitting. Includes personalized instruction.

<input type="checkbox"/>	Sat 11-noon; Feb 11, 25, Mar 3, 10, 17. Coach Anderson
<input type="checkbox"/>	Saturdays 5-6; Feb 11, 25, Mar 3, 10, 17 Coach Anderson
<input type="checkbox"/>	Sundays 1-2; Feb 12, 26, Mar 4, 11, 18 Coach Anderson

Babe Ruth Pitching, ages 12-15

\$185. 5 week clinic for 4 players in our clay bullpen. This semi-private clinic focuses on developing proper mechanics for speed and control, including advanced pitches and situational strategies for the Babe Ruth level.

<input type="checkbox"/>	Mondays 7-8pm; Feb 6, 13, 27, March 5, 12. Donovan
<input type="checkbox"/>	Thursdays 7-8pm; March 1, 8, 15, 22, 29. Coach Donovan
<input type="checkbox"/>	Saturdays 4-5pm; Feb 25, March 3, 10, 17, 24. Donovan
<input type="checkbox"/>	Sundays 5-6 pm; Feb 26, March 4, 11, 18, 25. Coach Donovan



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Player's name: _____ Date of birth: _____

Street address: _____ City: _____ State: _____ Zip: _____

Home phone#: _____ E-mail address for notifications: _____

Parent or guardian: _____ Work# _____ Cell#: _____

I hereby certify that my child is in good health and has my permission to participate in this program. I also give my permission for my child to receive any diagnostic, therapeutic and/or operative procedures as deemed necessary if emergency treatment is required and I cannot be reached. I realize that this sport involves the potential for injury, and I acknowledge that even with the use of protective equipment and observance of the rules, injuries may still occur. I hold harmless, AtBats Training Center, including any individual, group, organization or corporation that directly or indirectly organized, sponsored, contributed, licensed or volunteered their efforts to this event, from all liabilities, damages, claims or demands whatsoever on account of any injury or accident involving the student arising out of participation in this training program.

Parent or guardian signature required: _____ Date: _____