

Master the Mental, Emotional, Physical and Spiritual aspects of our nation's greatest pastime.

Joe Winkelsas

Individual & Group Baseball Lessons

Joe@JoeWinkInc.com | 716-828-5624 | www.JoeWinkInc.com

Hours: Mon - Fri 3-10pm, Sat 6am-10pm, Sun 6am-5pm

	Individual Pricing			Group Pricing (Per Person Cost)			
	Single Session	5 Pack	10 Pack	Group of 2	Group of 4	Group of 6-12	Teams
Hourly Rate	\$78	\$340	\$580	\$35	\$25	\$20	\$15
Half Hour Rate	\$45	\$175	\$250				

Dominican Style Workouts...the harder you make it in practice, the easier it's going to be in the game.

Professional Highlights

- Atlanta Braves | 1996-2003, 2007
- Chicago White Sox | 2004-2005, 2008
- Milwaukee Brewers | 2006
- Empire Professional Baseball League | 2017- Head Coach & Manager of the 2017 Champion Plattsburgh Redbirds
- Sioux Falls Canaries of the American Association Independent League | 2015- Pitching Coach
 - Engineered one of the lowest team ERA's in Sioux Falls Canaries history
- Atlanta Braves Professional Baseball Club | 2012 - Present- Professional Associate Scout

Travel Experience

- 300+ wins
- 30+ tournament championships
- 200+ players to colleague's
- 100+ players drafted

Benefits

- Character, Integrity, Destiny, Legacy building skills
- Focus, Concentration, Tunnel Vision Drills
- Mediation, Relaxation Methods
- Functional Fitness-Rocket Arms and Exit Velocity
- Nutrition analysis
- Gain 2-10 MPH with your new and improved swing/ exit velo, arm slot velo and release point or your money back
- Creating 5 tool players while living your life on purpose

