



2018 November-December ADVANCED Baseball Clinics

MONDAY/WEDNESDAY BASEBALL FUNDAMENTALS AND CONDITIONING PROGRAM

- Mondays and Wednesdays (Options to sign up for both days or one day)
- High School Baseball Tryout Preparation Program
- 7:00pm-8:15pm Ages 14-18 (8th Grade through Senior in HS)
- **Player Registration - \$360 for 12 Sessions, \$180 for 6 sessions (M or W)**
- Training Focus: Development in Hitting, Throwing, Defense, and Baseball Conditioning
- Program starts Monday, November 5th and runs through December 17th (No Camp on 11/21)

SATURDAY MORNING SPECIALITY CAMP OFFERINGS – 5 CLINICS TO CHOOSE FROM

- 6 Sessions per Specialty Clinic Ages 14-18 (8th Grade through Senior in HS)
- Players can register for 1 or up to 4 camps (Discounts for signing up for multiple clinics!)
- **Cost: 1 Camp - \$230, 2 Camps - \$410, 3 Camps - \$600, 4 Camps - \$775**
- Camps start Saturday, November 3rd and run through Saturday, December 15th (No Camp on 11/24)

Hitting Development Camp

- 9:00am – 10:00am Ages 14-18 (8th Grade through Senior in HS)
- Fine tune hitting stance, balance, bat control, swing path, bat speed, power development, and consistency! KNOCK IT OUT OF THE PARK WITH THIS PROGRAM!

Pitching and Throwing Velocity Development Camp

- 10:00am – 11:00am Ages 14-18 (8th Grade through Senior in HS)
- Learn proper throwing and training techniques to develop legitimate arm strength which can translate on the mound and in the field! It's time to start throwing some HEAT!

Speed, Strength and Baseball Specific Conditioning

- 11:00am – 12:00pm Ages 14-18 (8th Grade through Senior in HS)
- Training would not be complete without building up running speed, explosive power, core strength, and overall baseball conditioning – The Strongest Survive!

Defensive Skills (Infield/Outfield) Clinic

- 12:00pm-1:00pm Ages 14-18 (8th Grade through Senior in HS)
- Work on proper fielding position, defensive footwork, glove work and ball transferring, and mastering the routine play – defense wins championships!

Catcher's Camp

- 12:00pm-1:00pm Ages 14-18 (8th Grade through Senior in HS)
- For those that play behind the plate, work on catcher set up, receiving, blocking, pitch calling, and throwing footwork on bunt coverages and runners trying to steal bases!

ALL CAMPS ARE HELD AT DREAM BIG ATHLETICS – 713 S. VERMONT – PALATINE, IL 60067

VISIT SHOP.DREAMBIGATHLETICS.COM TO SIGN UP TODAY! SCHEDULE IS SUBJECT TO CHANGE. NO REFUNDS WILL BE ISSUED FOR ANY REASON AFTER PAYMENT. A CREDIT WILL BE ISSUED TO PARTICIPATE IN FUTURE DBA EVENTS.

FOR MORE INFORMATION, PLEASE CONTACT US AT DREAMBIGATHLETICSIL@GMAIL.COM

"There may be people who have more talent than you, but there's no excuse for anyone to WORK HARDER than you do." –Derek Jeter