



## 2018 November-December YOUTH Baseball Clinics

### **TUESDAY AND THURSDAY BASEBALL SKILLS AND FUNDAMENTALS PROGRAM**

- Tuesdays and Thursdays (Options to sign up for both days or one day)
- 5:00pm-6:00pm Ages 6-9
- 6:00pm-7:00pm Ages 10-13
- **Player Registration - \$360 for 12 Sessions, \$180 for 6 sessions (T or TH)**
- Training Focus: Development in Hitting, Throwing, Defense, and Baseball Conditioning
- Program starts Tuesday, November 6<sup>th</sup> and runs through December 18<sup>th</sup> (No Camp on 11/22)

### **SATURDAY MORNING SPECIALITY CAMP OFFERINGS – 5 CLINICS TO CHOOSE FROM**

- 6 Sessions per Specialty Clinic Ages 8-13
- Players can register for 1 or up to 4 camps (Discounts for signing up for multiple clinics!)
- **Cost: 1 Camp - \$210, 2 Camps - \$370, 3 Camps - \$550, 4 Camps - \$700**
- Camps start Saturday, November 3<sup>rd</sup> and run through Saturday, December 15<sup>th</sup> (No Camp on 11/24)

#### **Hitting Development Camp**

- 9:00am – 10:00am Ages 8-13
- Fine tune hitting stance, balance, bat control, swing path, bat speed, power development, and consistency. **KNOCK IT OUT OF THE PARK WITH THIS CAMP!**

#### **Pitching and Throwing Velocity Development Camp**

- 10:00am – 11:00am Ages 8-13
- Learn proper throwing and training techniques to develop legitimate arm strength which can translate on the mound and in the field. **Let's throw some HEAT!**

#### **Defensive Skills (Infield/Outfield) Clinic**

- 11:00am-12:00pm Ages 8-13
- Work on proper fielding position, defensive footwork, glove work and ball transferring, and mastering the routine play – defense wins championships!

#### **Catcher's Camp**

- 11:00am-12:00pm Ages 8-13
- 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!

#### **Speed, Strength and Baseball Specific Conditioning**

- 12:00pm – 1:00pm Ages 8-13
- Training would not be complete without building up running speed, explosive power, core strength, and overall baseball conditioning – **The Strongest Survive!**

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

VISIT [SHOP.DREAMBIGATHLETICS.COM](http://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](mailto: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**