

Clemente's Winter Training Program

Clemente's Baseball & Softball Academy

70 Red Schoolhouse Road

Chestnut Ridge, NY 1097

Hitting Instruction:

Bat speed, drill work, situational hitting, live and machines hitting, and off speed hitting drills.

11 Sessions (1½ hr. sessions)

December 4, 11, 18

January 8, 15, 22, 29

February 5, 12, 19, 26

6th 7th & 8th 12:00–1:30 Freshmen/Sophomores 1:45-3:15 Juniors/Seniors 3:15-4:45

Speed and Agility

Speed drills, agility and core work

8 Sessions (1 hour sessions)

6th 7th & 8th Grade 7:00-8:00

High School 4:30-5:30

Jan 6,13,20,27

Feb. 3,10, 17,24

Application:

Please check one of the following: **Junior/Senior** _____ **Freshman/Sophomore** _____ **6th 7th & 8th** _____

Name: _____

Address: _____

Phone: _____ Cell: _____ Email: _____

3 Month Program Fee: \$480.00 \$160.00 non refundable deposit. Balance due by November 25, 2011

Please make check payable to Clemente's Baseball and Softball Academy

Make sure to include your registration form & waiver

Mail to: PO Box 548, Montvale, NJ 07645

For additional info: (845) 323 – 4951 or (201) 893 – 3548 or Clemente@HitDrJoe.com

Registration is limited! No refunds will be issued for cancellations!

