

NAME \_\_\_\_\_ AGE \_\_\_\_\_ D/O/B \_\_\_\_\_ POSITION(S) 1) \_\_\_\_\_ 2) \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PARENT(S) \_\_\_\_\_ E-MAIL \_\_\_\_\_  
 HOME PHONE ( ) \_\_\_\_\_ DAY PHONE ( ) \_\_\_\_\_ SCHOOL \_\_\_\_\_

**5-SESSION PACKAGE PRICES:**

**Session One:** 1/7/12  2/4/12 Hitting (\$125) \_\_\_\_\_ Baseball Pitching (\$125) \_\_\_\_\_ Windmill Pitching (\$125) \_\_\_\_\_  
 **Session Two:** 2/18/12  3/17/12 Hitting/Defense (\$125) \_\_\_\_\_ L'il Prospects (\$95) \_\_\_\_\_

Total \$ \_\_\_\_\_ Check# \_\_\_\_\_ CC Type: \_\_\_\_\_ Card #: \_\_\_\_\_ Exp: \_\_\_\_\_

Mail to: Pro Prospects Training Center, 96 Cold Spring Road, Monticello, NY 12701

All Sessions will have one coach and a maximum of 5 players

Saturdays  
 January 7th - February 4, 2012  
 February 18th - March 17th

Prices

Fundamental Clinic Series  
 5-Pack .....\$ 125  
 10-Pack .....\$ 230  
 L'il Prospects  
 5-Pack .....\$ 95

**What Programs Do We Offer?**

- Private Instruction in all phases of the game
- Windmill Pitching
- College Marketing & Recruiting Services including College Showcase & Evaluation Camps
- Individual Arm Strength Program
- Sports Performance Training (Speed, Power & Dynamic Movement/Agility)
- FUN-damentals Clinics (ages 7 through 12)
- L'il Prospects Clinics (ages 5 & 6)
- Rent-A-Coach Clinics (team practices & off-site clinic)
- Cage and Facility Rentals
- Summer Instructional Camps
- Birthday Parties
- Winter Hitting League
- Game Action Video Evaluation

**Instruction options to fit all budgets**

**A strict player-to-instructor ratio is enforced for all group instruction (clinics and camps)**



# FUN-damental Clinic Series

## Ages 5-12



Small Group  
 Training Options for  
 Young Players

# FUN-damental /L'il Prospects Clinic Series

## FUN-damentals Clinic Series

Small-group clinics are our most economical training option for young ballplayers and ideal for kids who need to learn or improve their foundational skills. Each session, our instructors introduce a series of drills designed to master the same basic fundamentals used by the pros in a fun and rewarding learning atmosphere. Our 5-to-1 player-to-instructor ratio allows us to work with each player one-on-one on their specific needs. Fundamentals Clinics are offered on Saturdays from January through March or you can register with your own group of players and pick a day and time that works best for you.

## L'il Prospects Clinics

Our L'il Prospects Clinic Program is geared towards kids (Ages 5 & 6) who are new to the game. Our instructors make learning exciting and simple for players who are getting their first taste of baseball and softball. Your child will learn the basics of the game and general movement-based athletic drills in a small-group atmosphere that encourages peer interaction as well. Get your L'il Prospect off on the right foot and give them their best chance to have early on-field success and enjoy the game.

### BIRTHDAY PARTIES!!!

Celebrate your birthday with batting and throwing contests, batting practice, Indoor whiffleball game. & pizza!!!!

Parents can sit back & enjoy the festivities!!!

Book your birthday party with us  
Aug-Oct or May-June & receive 10% off !!!

## Fundamental Clinic Options

### Hitting Session (Baseball & Softball)

#### Skills Covered:

- Stance & Footwork
- Timing
- Power (use of hips/legs)
- Basic swing path
- Strike zone awareness
- Approach\*\*

### Baseball Pitching Session

#### Skills Covered:

- Arm Action, Grip & Release
- Pre-pitch approach
- Balance point
- Stride length/direction
- Follow Through
- Age appropriate grips & pitches\*\*



### Windmill Pitching Session (Softball)

#### Skills Covered:

- Arm circle
- Barred roll & footwork
- Grip & pitches\*\*
- Open/Closed
- Pre-pitch & relaxation
- Leg drive

## Hitting/Defense Session (Baseball & Softball)

#### Skills Covered:

- Stance & Footwork
- Timing
- Power (use of hips/legs)
- Arm action & footwork action for all positions
- Ground ball defense for all positions or Fly ball work

\*\*Based on the age and skill level of the group

## About Pro Prospects

Since 1997, Pro Prospects has been instrumental in the athletic development for more than 4,000 amateur and professional ballplayers throughout the Tri-State area. Our players have utilized our innovative teaching system & proven training methods to take their game to the next level. Each aspect of the game is tailored to maximize player performance. So whether you're an elite athlete looking to play at the professional or collegiate level or a youngster who wants to have fun and enjoy the game, we can help you reach your goals.

## About Our Instructors

Our instruction staff is comprised of former and current professional and college ballplayers who have been thoroughly trained in our curriculum and genuinely care about helping their students. For a complete list of our staff, visit us at [www.pro-prospects.com](http://www.pro-prospects.com) and click on our instructor page.