

# 8TH ANNUAL T3 PERFORMANCE PRESIDENT'S DAY BASEBALL CLINIC

Increase bat speed • Pitching/Throwing Velocity • Quick Feet-Soft Hands

## Our professional instructors will provide athletes with:

- In-depth instruction in all aspects of hitting, pitching, and fielding
- The mental approach (developing a plan & approach)
- Posture & body movements that will increase bat speed and velocity
- Balance, leverage, power & quickness.
- Footwork around the bases
- Soft hands transfer
- Tracking fly balls properly & efficiently
- Pitching mechanics & grips.
- Radar gun will be used to record each campers bat speed, exit speed & pitching velocity

**AGES:** 7-14 years

**WHEN:** Monday, February 19, 2018

**WHERE:** T3 Performance 1965 Recreation Lane, Avon

**TIME:** 9:00 a.m.-12:00 p.m.

**COST:** \$75.00

**WHAT TO BRING:** Baseball bat, glove and a passion to learn. Bring a small snack & drink for a short break during the clinic.

### Register 3 Ways:

**Online:** [T3athlete.com](http://T3athlete.com)

**Phone:** 440-934-2244

**In Person:** 1965 Recreation Lane, Avon



PERFORMANCE

(440) 934-2244 | [Info@T3athlete.com](mailto:Info@T3athlete.com)

[www.T3Athlete.com](http://www.T3Athlete.com)

"Better Training, Better Athletes"