



CK's Position Specific Summer Baseball Clinic

Pitching & Hitting Camp

Pitching:

- *Proper Power Position*
- *Proper Baseball Grips*
- *Increase Arm Strength*
- *Learn to Keep your Arm Healthy*
- *Maintenance of the Shoulder and surrounding Muscle Groups*
- *Understand the difference between the Stretch and Windup*

Hitting:

- *Proper Batting Stance*
- *Increase Bat Speed*
- *Increase Power*
- *Develop Proper Bat Path to the Ball*
- *Develop a Shorter and Quicker Swing*

REGISTER NOW! SPACE IS LIMITED!

(\$150 for 1 week or \$275 for BOTH weeks)

**FOR AGES
8-12
YEARS
OLD**

DROP OFF: CK'S.BASEBALL4U TRAINING FACILITY

PICK UP: CK'S.BASEBALL4U TRAINING FACILITY

Clinic Dates:

June 28 – July 1 (9:00AM – 12:00 PM)

July 6 – July 9 (12:30 PM – 3:30 PM)

(Monday – Thursday)