



WINTER BREAK CLINICS

**Location: CT
Baseball Academy
in East Hartford**

**Dates:
Dec 29 & 30, 2008**

Ages 10-15

**Cost:
USA Elite Members \$99
Non-Members \$119**

Hitting Clinic, Time: 5:00 - 7:00

- Drills to Increase Bat Speed and Keeping Hands inside the ball: double tee, one handed tee work
- Strength drills to increase the power in the swing
- Eye & hand coordination drills
- Lots of Repetition to work on creating correct mechanics

Pitching Clinic will be taught by Jen Hapanowicz of USA Elite Training, Time: 7:15 – 8:45

Start your winter work out program now! This clinic will re-inforce and provide great drills to use through the winter to work on creating balance, leg drive, arm circle speed, increase spin rotation, speed and accuracy in the motion. In addition, the change-up will be worked on and the pitcher's speed will be checked on a radar gun.



USAELITE TRAINING



Winter Break Clinic

Please select one

5 - 7pm member \$99

7:15pm - 8:45pm member \$99

5 - 7pm non-member \$119

7:15pm - 8:45pm non-member \$119

Name: _____

Age: _____ Date of Birth: _____

Phone: _____ Email: _____

Address: _____

Town: _____

State: _____ Zip: _____

Parents Name _____ Email _____

Home Phone _____ Cell/day phone _____

Payment: Options:

Check/cash Payable to USA Elite

Visa/MC/American Express
cc# _____

Exp: _____

**Registration is due
by Dec 20th
Enrollment is Limited!**

**Mail To: USA Elite Training
45R Ozick Drive, Unit 16
Durham, CT 06422**

**Cancellation Policy: 14 days notice or no reFund, no make up for illness.
Medical injuries with Dr. note a credit will be provided.**