



Boxborough, MA

Updated 3/21/12

SOFTBALL CLINICS

Baseball Clinics on page 2

Semi-private softball clinics for basic and advanced levels!

Our programs provide young players the opportunity to work with some of the top softball instructors in the region including: Harvard University coach **Brandi Gordon**, 3-time ASA National Champion **Robyn King**, Boston University All-American **Shayne Lotito**, former Harvard University Softball Captain **Ellen Macadam**, **Kristie Kyzer** of UMass/Lowell and **April Eringis** of Merrimack College.

Softball Rookies Clinic; ages 5-7

\$25 per session; Thursdays 4-5pm

Introduces players to the fun of softball and correct techniques of throwing, catching, fielding and hitting. Coach Kristie Kyzer.

Hitting & Defense; ages 8-12

\$85. 3 week clinic for 6 players. This program provides young players with a thorough weekly workout and personalized instruction in hitting & defensive skills.

Saturdays noon-1: March 24, 31, April 7. April Eringis
Sundays 11-12: March 25, April 1, 15. Kristie Kyzer

Softball Hitting; ages 9-12

\$95. 3-week clinic for 6 players. This semi-private clinic teaches proper softball hitting mechanics through progressive drills and live batting practice. For new and experienced players.

Mondays 4:30-5:30pm: Mar 26, Apr 2, 9. Brandi Gordon
--

Softball Pitching; ages 9-12

\$95. 3-week clinic for 6 players. For new and experienced pitchers. Covers the proper mechanics of the fastball and other pitches based on age and ability. Personalized instruction. *Please note; pitchers need someone to catch during the clinic.*

Mondays 5:30-6:30pm: Mar 26, Apr 2, 9. Brandi Gordon
--

15U Softball Spring Training!

\$95. 3 week clinic for ages 13-15. Get ready for spring season with our pre-season program covering hitting, throwing & fielding skills, and strength & conditioning exercises.

Sundays 2-3pm: March 18, 25, April 1, Coach Kristie Kyzer
Mondays 6:30-7:30: Mar 26, Apr 2, 9. Coach Brandi Gordon

Advanced Hitting; ages 13-17

\$115. 3-week clinic for 4 players. Experienced players will work on improving hitting power and effectiveness through multiple drills, individual instruction and live batting practice.

Thursday 7-8pm: March 22, 29, April 5. Coach Macadam
Sundays 2-3: March 18, 25, April 1, Coach Ellen Macadam

Softball Catching; ages 9-12, 13-17

Private lessons with coach Kristie Kyzer. Basic and advanced levels covering core catching skills: receiving, blocking, throwing, working with pitchers and catcher strength & conditioning. **Call for schedule options...**

Slap-hitting Lessons

Private lessons with UMass player Kristie Kyzer. Lessons are available for new and experienced slappers. **Call for details...**

Register by phone (978-266-1766) or by mailing registration form and check to AtBats at the address below.

Player's name: _____ Date of birth: _____

Street address: _____ City: _____ State: _____ Zip: _____

Home phone#: _____ E-mail address for notifications: _____

Parent or guardian: _____ Work# _____ Cell#: _____

I hereby certify that my child is in good health and has my permission to participate in this program. I also give my permission for my child to receive any diagnostic, therapeutic and/or operative procedures as deemed necessary if emergency treatment is required and I cannot be reached. I realize that this sport involves the potential for injury, and I acknowledge that even with the use of protective equipment and observance of the rules, injuries may still occur. I hold harmless, AtBats Training Center, including any individual, group, organization or corporation that directly or indirectly organized, sponsored, contributed, licensed or volunteered their efforts to this event, from all liabilities, damages, claims or demands whatsoever on account of any injury or accident involving the student arising out of participation in this training program.

Parent or guardian signature required: _____ Date: _____

AtBats Training Center, 233 Summer Road, Boxborough, MA 01719
Phone 978-266-1766 Fax 978-266-1764 www.atbats.com



Updated 3/17/12

LITTLE LEAGUE BASEBALL CLINICS

**Babe Ruth & High School
programs on page 2**

Baseball Head Start, ages 5-7

\$75. 3 week clinic for 8 players. Introduces players to the fun of baseball and correct techniques of throwing, catching, fielding and hitting.

Saturdays 9-10am: March 24,31, April 7. Coach Donovan

Baseball Fundamentals, ages 8-10

\$135 3-week clinic for 8 players. This small group clinic covers basic baseball skills for new and experienced players: throwing, catching, hitting, fielding and positional play.

Saturdays 10-11:30am; March 24, 31 April 7. Coach Donovan

Baseball Clinic Instructors

Brandon Anderson, pro player, Frontier League
Jeff Kane, assistant coach, Holy Cross
Brendan Eygabroat, head coach, UMass-Boston
Steve Donovan, Westford Academy JV coach,
 former pitching coach Merrimack College
Henry Morris, ABHS assistant coach
Ryan Walsh, pro player, Independent League

Little League Spring Training!

Pre-season skills & conditioning for ages 9-12

\$50. Get ready for baseball season with pro-player Brandon Anderson's pre-season program covering hitting, throwing, fielding, and agility/conditioning exercises. Limited to 8 players!

Sundays 11-noon: March 25 and April 1.
--

Little League Pitching, ages 8-12

\$105. 3 week clinic for 4 players in our clay bullpen.

For new and experienced pitchers. Covers proper mechanics of pitching from the full wind-up position with techniques to improve form, balance and control. Personalized instruction.

Sundays 9-10am: March 18, 25, April 1. Donovan
full Mondays 5-6pm; March 19, 26, April 2, 9. Donovan

Catching Lessons, ages 9-12

Covers core catching skills of receiving, blocking & throwing through progressive drills. Covers other skills based on age & ability: bunts, tag plays pop-ups, pitch calling, situational tactics, speed & footwork drills. **Call for schedule options...**



Please indicate selections with a checkmark in the box next to the selected clinics schedule. Register by phone (978-266-1766), FAX (978-266-1764) or by mailing form and payment to AtBats.

Player's name: _____ Date of birth: _____

Street address: _____ City: _____ State: _____ Zip: _____

Home phone#: _____ E-mail address for notifications: _____

Parent or guardian: _____ Work# _____ Cell#: _____

I hereby certify that my child is in good health and has my permission to participate in this program. I also give my permission for my child to receive any diagnostic, therapeutic and/or operative procedures as deemed necessary if emergency treatment is required and I cannot be reached. I realize that this sport involves the potential for injury, and I acknowledge that even with the use of protective equipment and observance of the rules, injuries may still occur. I hold harmless, AtBats Training Center, including any individual, group, organization or corporation that directly or indirectly organized, sponsored, contributed, licensed or volunteered their efforts to this event, from all liabilities, damages, claims or demands whatsoever on account of any injury or accident involving the student arising out of participation in this training program.

Parent or guardian signature required: _____ Date: _____