



## Winter Program Schedule

*January - February*

### What's Happening?

#### **Maintain and Improve Your Skills in the Fall!**

We would like to introduce our Fall Camp and Clinic schedule for the Fall 2016. We will be holding day-camps on Veterans' Day as well as Black Friday. We will also be holding a Holiday Camp (see dates below). As a part of our schedule we will also be holding clinics throughout the Fall and into the Winter for players of all ages. All camps and clinics will be run by former collegiate players and current Minor League Baseball players and will be providing the top instruction in the area. We hope you will join us!



### Holiday Camps

**Black Friday Camp - Nov. 25 (9am-3pm)**

**Holiday Camp - Dec. 26-29 (9am-2pm)**

We would like to announce our camp schedule for the upcoming months. Camps will include group instruction on the fundamentals of baseball/softball including base-running, throwing, fielding and hitting. Camp will also include competitions and game-like situations in attempt to simulate game speed!



**Day Camp: Member Price: \$60 Non-Member Price: \$75**

**Holiday Camp: Member Price: \$150 Non-Member Price: \$165**

### Age-Specific Clinics

**Lil Sluggers (Ages 5-7)** - This 60-minute class is a great introduction to baseball and provides players with instruction in all aspects of the game, including throwing, fielding, hitting, and situational play. This is a fun, fast-paced class that maximizes players reps in each respective skill leading up to a "real baseball game" the final week of session. (6-weeks)



Monday's - January 2, 9, 16, 23, 30 and February 6 --- 4:00pm - 5:00pm

**Minor Leaguers (Ages 8-10)** - This after-school program covers all the bases of becoming a quality baseball player. Players will receive instruction in hitting, throwing, and fielding every week, as well as be introduced to one new mental skill per week to help them achieve on-field success. (6-weeks)

Monday's - January 2, 9, 16, 23, 30 and February 6 --- 4:00pm - 5:00pm

**Major Leaguers (Ages 11-12)** - This after-school program covers all the bases. Players will receive instruction in hitting, throwing, and fielding every week, as well as be introduced to one new mental skill per week to help them achieve on-field success. (6-weeks)

Monday's - January 2, 9, 16, 23, 30 and February 6 --- 5:00pm - 6:00pm

**Member Price: \$135 Non-Member Price: \$150**

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## Skill-Specific Clinics

**Hitting (Ages 8-12)** - This 60-minute clinic will be focused solely on the mechanics of hitting; including but not limited to the set-up/stance, hip-rotation, swing path and everything in between. Players will be instructed on how to create the best possible swing for themselves as an individual. (6-weeks)

Saturday's - January 7, 14, 21, 28 and February 4, and 11 --- 8:00am - 9:00am

**Fielding (Ages 8-12)** - This 60-minute clinic will be focused solely on the fundamentals of fielding, including Infield and Outfield work. Our coaches will teach the players the proper technique in fielding ground balls, catching fly-balls, footwork and throws. (6-weeks)

Friday's - January 6, 13, 20, 27 and February 3 and 10 --- 4:00pm - 5:00pm

**Pitching (Ages 8-12)** - This 60-minute clinic will be focused solely the teaching of the proper way to pitch. This class will include knowledge on arm-care and prevention of injury. It will also include fundamentals such as proper arm-slot, use of lower-half and release point and the overall essentials to becoming a quality pitcher. (6-weeks)

Friday's - January 6, 13, 20, 27 and February 3 and 10 --- 4:00pm - 5:00pm

**Member Price: \$135 Non-Member Price: \$150**

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To sign up Contact:

Mike Abraham  
mabes24@gmail.com  
978-763-3066



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# In The Batter's Box - Littleton

## HitTrax League 2017



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### League Info

In The Batter's Box Littleton will be offering a HitTrax League this winter! HitTrax is the first and only baseball simulator. A powerful combination of analytics and entertainment that has never before been available to indoor facilities.

When the weather gets cold and the fields freeze over, come join us for this simulator league that will allow players to gain game speed at-bats while also having a great time! Players will hit off a Hack Attack hitting machine/ coach's BP allowing the players to see game-like velocity as well as work on their swing! The league will consist of 6 regular season games, taking place each Friday night. Game times will be posted online. All teams will be included in the playoffs.

Games will consist of 6 innings or a 30 minute time limit. Extra innings will be allowed if within the time limit. If game is in a tie at the 30 minute mark, the inning in play will finish. If score is still tied, the end result will be a tie.

*Teams will consist of 4 players/team.*

**Contact:** Mike Abraham ([mabes24@gmail.com](mailto:mabes24@gmail.com)) with any questions or desire to sign up!

**Ages:** 8-14

**Location:** 410 Great Road, Littleton, MA 01460

**Time/Dates:** Fridays: 6pm (Jan 6, 13, 20, 27 .. Feb 3, 10) Playoffs TBA

**Price:** \$125/player

**SINGLE**  
Line Drive to Center Fielder  
Dana to First Base  
Mike advances to Second Base

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	1	2	3	4	5	6	7	8	9	10	R	H	BALL	STRIKE	OUT
Rangers	1	0	2	6	0						9	18			
Raiders	0	0	3	1							4	7	Pitch 41	Hit 80	

**Rangers**  
David 3 for 6  
Mike 4 for 6  
Dana 6 for 6, 6 RBI  
Tom 3 for 5, 3 RBI  
Peter 2 for 5

**Raiders**  
Joe 1 for 4, 1 RBI  
Steve 3 for 4  
Dan 3 for 4, 3 RBI  
Rick 0 for 4  
John 0 for 3

BALL STRIKE OUT

Finish Pause

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