



## **2018 ITBB Winter Program Schedule**

### **What's Happening?**

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

We would like to introduce our Winter Program schedule for the Winter of 2018. 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. All programs will be at our Hudson facility at 312 Main St. Hudson, Ma 01749. We hope you will join us!



### **Holiday Camps**

#### **Holiday Camp - Dec. 27-29 (9am-1pm)**

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!



**Member Price: \$100 Non-Member Price: \$125**

### **Private/Group Lessons**

Throughout the Winter at ITBB, we will be offering individual and group lessons. Lessons can include pitching, hitting and/or fielding. All of our instructors include coach's who have played or coached in College and Professional baseball. You are welcomed to work in lessons with up to 2 other players. Please contact us for pricing details regarding group lessons.



#### **Individual Lessons:**

**\$75/60 mins**

**\$45/30 mins**

## **Skill-Specific Clinics**

### **Hitting (Ages 7-12)**

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 and will be given specific drills to help accomplish this. (8-weeks)

Friday's: 4-5pm

*January 5, 12, 19, 26, and February 2, 9, 16, 23*

### **Fielding (Ages 7-12)**

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.

(8-weeks)

Wednesday's: 4-5pm

*January 3 10, 17, 24, 31 and February 7, 14, 21 --- 4:00pm - 5:00pm*

### **Pitching (Ages 7-12)**

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.

(8-weeks)

Monday's: 4-5pm

*January 8, 15, 22, 29 and February 5, 12, 19, 26 --- 4:00pm - 5:00pm*

**Member Price: \$150 Non-Member Price: \$200**

To sign up Contact:

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