



Connecticut Baseball School Presents:
Professional Hitting / Pitching Labs
At The
UNIVERSITY OF CONNECTICUT



Hitting Lab

Where: University of Connecticut, Storrs – Campus / J.O. Christian Field Indoor Hitting Facility

How it works: Each player can sign up for **one or both** sessions. It is a prerequisite that a player take the **College Session** prior to the **Professional Session**. That player will be part of a lab learning group of 6 peers to receive instruction on one or two successive dates.

Ages: 13-18 years old

Cost:

<u>College Session</u>	\$120.00
(Includes a Connecticut Baseball School Tee Shirt and Video Swing Analysis)	
<u>Professional Session</u>	\$80.00
(Includes a Video Swing Analysis + Advanced Hitting Drills/Strategy)	
<u>Combination Session(s)</u>	\$200.00
(College & Professional)	
(Includes a Connecticut Baseball School Tee Shirt, Video Swing Analysis, and Advanced Hitting Drills/Strategy)	

What to bring: Sneakers or turfs, baseball pants, bat, batting gloves, long sleeve, undershirt, and other appropriate gear.

Staff: Connecticut Assistant Coach / Lab Director – Steve Malinowski
Assistant Coach Justin Blood
Special Guest Speakers

Call 860-436-2521 or e-mail: getoffthebench@hotmail.com to confirm.
Due to high demand and small coach: camper ratios, there will be limited enrollment!
See Back for Curriculum, Dates & Application

Pitching Lab

Where: University of Connecticut, Storrs – Campus / J.O. Christian Field Indoor Hitting Facility

How it works: Each player can sign up for one or more sessions. That player will be part of a lab learning group of 4 peers to receive instruction on the selected date. Signing up for multiple sessions is encouraged. This will allow us to make advanced adjustments specific to each individual.

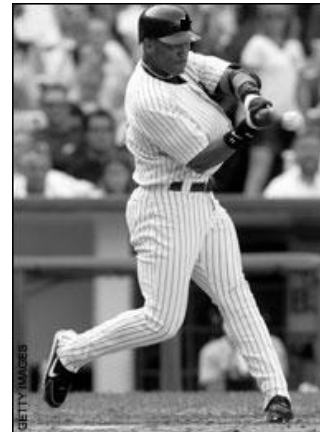
Ages: 13-18 years old

Cost: \$120.00
(Includes a Connecticut Baseball School Tee Shirt and Video Analysis of Pitching Mechanics)

What to bring: Sneakers or turfs, shorts, glove, long sleeve undershirt, and other appropriate gear.

Staff: Connecticut Pitching Coach– Justin Blood
Assistant Coach John Slusarz (Texas Rangers Organization)

Call 860-436-2521 or e-mail: getoffthebench@hotmail.com to confirm.
Due to high demand and small coach: camper ratios, there will be limited enrollment!
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<u>College Session Curriculum</u>	<u>Professional Session Curriculum</u>	<u>Pitching Session Curriculum</u>
<ul style="list-style-type: none"> ➤ 3 to 1 Player to Coach Ratio ➤ Strength & Hand Speed Drills ➤ Increasing bat-speed ➤ Video Analysis of Swing Mechanics ➤ Drills to cure ailments for the individual hitter ➤ State-of-the-art Pro-Batter Virtual Pitcher 	<ul style="list-style-type: none"> ➤ 3 to 1 Player to Coach Ratio ➤ Off-speed hitting drill programs ➤ Video Analysis of Swing Mechanics ➤ Count Based / Situational Hitting ➤ Mental Approach ➤ Visual Training ➤ State-of-the-art Pro-Batter Virtual Pitcher 	<ul style="list-style-type: none"> ➤ 2 to 1 Player to Coach Ratio ➤ Throwing and Bullpen Routines Provided ➤ Band & Core Training Routines Provided ➤ Video Analysis of Pitching Mechanics ➤ Mental Approach ➤ Drills to cure ailments for the individual pitcher

Directions: Please mark the dates and times for either the College Session, Professional Session or Combination Session(s).
(Reminder, it is mandatory for the College Session to be completed prior to taking the Professional Session.)

<u><i>College Session</i></u>			<u><i>Professional Session</i></u>			<u><i>Pitching Session</i></u>		
<u>Saturday</u>	<u>Date</u>	<u>Time</u>	<u>Sunday</u>	<u>Date</u>	<u>Time</u>	<u>Saturday</u>	<u>Date</u>	<u>Time</u>
November	7 th	O 9:00am-11:00am	November	8 th	O 9:00am-11:00am	November	7 th	O 11:30am-1:30pm
November	14 th	O 9:00am-11:00am	November	15 th	O 9:00am-11:00am	November	14 th	O 11:30am-1:30pm
November	28 th	O 9:00am-11:00am	November	29 th	O 9:00am-11:00am	November	28 th	O 11:30am-1:30pm
December	5 th	O 9:00am-11:00am	December	6 th	O 9:00am-11:00am	December	5th	O 11:30am-1:30pm
December	12 th	O 9:00am-11:00am	December	13 th	O 9:00am-11:00am	December	12 th	O 11:30am-1:30pm
December (Mon.)	28 th	O 9:00am-11:00am	December (Tues.)	29 th	O 9:00am-11:00am	December (M)	28 th	O 11:30am-1:30pm
December (Weds.)	30 th	O 9:00am-11:00am	December (Thurs.)	31 st	O 9:00am-11:00am	December (T)	29 th	O 11:30am-1:30pm
January	9 th	O 9:00am-11:00am	January	10 th	O 9:00-11:00am	December (W)	30 th	O 11:30am-1:30pm
January	16 th	O 9:00am-11:00am	January	17 th	O 9:00-11:00am	December (Th)	31 st	O 11:30am-1:30pm
						January	9 th	O 11:30am-1:30pm
						January	16 th	O 11:30am-1:30pm

Application
(Please Print)

College Session Date : _____ **Professional Session Date** _____ **Pitching Session Date:** _____

Combination Session Date(s) _____

Name: _____ Date of Birth: _____ Age _____

Address: _____ T-Shirt Size _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Email: _____

Please make check or money order payable to:
Connecticut Baseball School
P.O. Box 166
Storrs, CT 06268

Parental Consent Form:

The above-named applicant is in good health and has my permission to participate in this program. In addition, I authorize the Connecticut Baseball School staff to act for me in securing medical treatment for the above named applicant in the event of injury or sickness. This registration requires that a parent/guardian sign below to agree that in case of an accident involving their child while attending the Connecticut Baseball School, its ownership, and staff from any and all liability. The undersigned also permits any pictures taken of the applicant to be used by the School in future clinic brochures or literature.

Parent/Guardian signature: _____ Date: _____