



Coach Joe's Hitting Boot Camp

Over 30 drills broken down into four sections.

These drills will take you from your stance, all the way to an elite swing.

Each section will have 8-10 drills designed to create muscle memory and proper mechanics. At the end of each section of the Boot Camp, there will be a test on every drill learned. The student will need to achieve a 70% or higher on each drill in order to graduate to the next section of the Boot Camp.

The Boot Camp will be broken down into four sections. Rookie, Prospect, MVP and Silver Slugger.

Students will begin in the Rookie section regardless of skill level. Upon completion of each section, the students will sign a Coach Joe Hitting Boot Camp Baseball and proudly place it in the display case at The Cage, in the section they have completed, for everyone to see. Students will also be rewarded after each section. Upon completion of the Rookie section, students will receive a T shirt. The Prospect Section students will receive a Lizard Skin for their bat. The MVP section students will receive a pair of batting gloves. When students complete the final section, Silver Slugger, they will receive a mini bat that will be engraved with their name and "I Have Completed Coach Joe's Hitting Boot Camp".

Training starts with a batting stance and goes into balance of your swing, weight transfer, triggers for maximum power, hand-eye conditioning, core and wrist conditioning, line drive power punch and much, much more!

This course is being offered as a pay as you go program. Students can take this course in a one on one setting so that they can make progress at their own pace without the pressure that exists in a group setting. Parents can also benefit with this program, as you can reserve your half hour slot that fits for your busy schedule.

Half hour boot camp slots start at \$30 each single session or you can book a 4 session month package for only \$100 in which you must reserve your month slots in advance.