Be Elite

MINI CLINIC - HITTING -

with Coach Joe

Become an elite hitter by understanding your swing mechanics.

Discover how your body connects within the swing, build higher ball exit velocity and barrel control, and learn everything from proper load to using ground force to generate more power.

For serious players ready to develop and take their game to the next level.

MECHANICS | MORE POWER | BETTER BARREL CONTROL

$175

- 4 one-hour sessions
- Limited to 6 players per group

THURSDAY NIGHTS
November 12, 19 • December 3, 10

Group 1	Ages 8–10	6–7pm
Group 2	Ages 11–12	7–8pm
Group 3	Ages 13 and up	8–9pm

THE CAGE
SPORTS DEVELOPMENT CENTER

The Cage Sports Development Center
419 Osborn Ave, Riverhead, NY 11901
www.cagesportsny.com

Call 631-591-9091 to reserve your spot