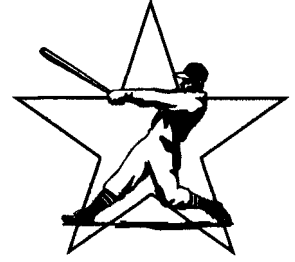


All Star Baseball / Softball Academy
Winter Training Programs



Take your game to the "Next Level"

Don't get left out in the cold this winter - Maximize your potential with one of All Star's Winter Training Programs. Improve your fundamentals and develop additional skills to help elevate your game. All Star's commitment to winter training will help players of all ages and abilities develop good habits and positive muscle memory. Proven drills and the most current training techniques will improve your hitting, fielding and throwing.

Sign up now for one the following Six Week Programs:

Advanced Hitting Class Ages 9 - 12. This class is not intended for beginners. It is for players who have already learned the fundamentals. Players will work on producing greater consistency and increasing bat speed and power. An emphasis will be placed on lower body mechanics. Mondays 5:30 pm - 7:00 pm.
Fee: \$200 (non member) **\$180** (member) **Class Begins:** Monday 2/27/12

Baseball Academy Class Ages 6 - 12. Learn the fundamentals of baseball - Instruction will cover Hitting, Fielding and Throwing. Thursdays 5:30 pm - 7:00 pm.
Fee: \$200 (non member) **\$180** (member) **Class Begins:** Thursday 3/01/12

Ultimate Baseball Class Ages 9 - 12. This class is not intended for beginners. The Ultimate Baseball Class combines our Strength and Conditioning training with our Hitting and Fielding Class. Improve your fundamentals and develop additional skills to help elevate your game. Program will cover : Explosive Training, Advanced Hitting Drills (increase bat speed and power) Advanced Fielding Drills (develop quick feet and quick hands) Saturdays 2:00 pm - 3:30 pm
Fee: \$200 (non member) **\$180** (member) **Class Begins:** Saturday 3/03/12

***** We reserve the right to change or cancel any class. All classes require a minimum of 4 players. *****

Make checks payable to: All Star Inc. and mail to: 5 Production Drive Brookfield, Ct. 06804

Name: _____ Email Address: _____

Address: _____ City: _____ ST. _____ Zip: _____

Date of Birth: _____ Phone #: _____ Cell Phone #: _____

____ *Advanced Hitting Class* ____ *Baseball Academy Class* ____ *Ultimate Baseball Class*

All Star Indoor Batting Range 5 Production Drive Brookfield, Ct. 06804 203-740-8699 www.allstarbatting.com