

Overall Clinic: (Every Year we sell out)

Link to sign ups: <http://www.ultimatesportsandtraining.com/content/bbtraining.html>

This clinic is an overall clinic that will focus on fielding, throwing, catching, hitting, bat speed, base running, sliding, speed & agility, and conditioning. There will be a maximum of 30 kids per class. Sessions will be offered on Mondays and Fridays. 1 to 6 ratio with Instructors

Format:

- Circuit Training(Station Work)
- Bat Speed / BBS
- Fielding
- Pitching
- Live Hitting (Virtual Machine)
- Throwing Speed
- Cutoffs / Outfield
- All Aspects of the Game

Start Date:	Oct 2 nd for Mon classes
	Oct 6 for Fri classes
Cost:	\$450 per program (25 weeks)
	\$800 for 2 programs

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>	<u>Spots Left</u>	<u>Link</u>
5-6	Fri	4-5 P.M	10	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879046
7-8	Mon	5-6 P.M.	7	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879047
7-8	Fri	5-6 P.M.	18	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879062
9-10	Mon	5-6 P.M.	7	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879048
9-10	Fri	6-7 P.M.	18	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879063
11-12	Fri	7-8 P.M	18	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879165

25 Week Hitting School (Every Year we sell out)

This clinic specifically works on hitting mechanics and bat speed. There will be a maximum of 20 kids per class. Sessions will be offered on Mondays and Wednesdays. 1 to 6 ratio with Instructors. We will be using the Virtual Machine for Live hitting as well.

Format:

- Proper Mechanics
- BBS / Bat Speed
- Live Hitting – All Different Pitches and Speed
- Mental Approach
- Situational Hitting

Start Date:	Oct 2nd for Mon classes and Oct 4th for Weds
Cost:	\$450 per program (25 weeks)
	\$800 for 2 programs

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>	<u>Spots Left</u>	<u>Link</u>
6-8	Mon	6-7 P.M.	5	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879079
9-10	Mon	6-7 P.M.	7	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879084
9-10	Weds	6-7 P.M.	15	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879086
11-12	Mon	7-8 P.M	15	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879168
11-12	Weds	7-8 P.M.	15	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879068
13-16	Mon	8-9 P.M.	15	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879076
13-16	Weds	8-9 P.M	15	https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1879072

Summer Baseball Clinics 2017 *“Baseball the way it’s supposed to be”*

This will be a 5 day comprehensive baseball training program designed specifically by age group and will **stress** the fundamentals of fielding, throwing, hitting, and game strategy. The participants will be taught by the expert staff of Ultimate Sports. Each client will be tested on how hard they throw the speed at which they hit a ball (BBS), and will be educated in how to increase both their arm strength and BBS. We also do an evaluation on every client.

Time: 9:00 – 12:00 PM

Location: Ultimate Sports (Mon, Weds, Fri) working on Skill work. In the summer Tuesdays & Thursdays are at McNamara Field in Cheshire. (Working on live games, outfield, base running and more)

Notes: Each participant is required to bring their own snack.

Any session less than 5 days will be prorated.

Ages: 5-7 / 8-10 / 11-12

Multiple Week Discounts					
# of Sessions	1	2	3	4	5
Cost Per Session	\$175	\$160	\$150	\$140	\$130

Week 1) June 26th - Sold Out - Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1775350>

Week 2) July 10th - Sold Out - Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1775351>

Week 3) July 24th - 6 spots left - Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1775352>

Week 4) Aug 7 – only 5 spots left - Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1775354>

Week 5) Aug 21 - 10 spots- Links: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1775355>

SAS – (SPEED, AGILITY, STRENGTH) – Summer Break SAS

(Speed, Agility and Strength) returns for the summer break. We will be doing SAS Special for 3 days a week. Mon, Weds and Friday from 12:30 – 2:00- The SAS class will be the week of the summer camps and run after the camps.

[Click the links below for each week](#)

Weeks of SAS – after baseball camp - Mon, Weds, Fri 12:30 – 2:00 – Ages 7 – 13 – Only \$50 per week

Week 1) June 26, 28th, 30th - Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1858156>

Week 2) July 10th, 12th, 14 - Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1858157>

Week 3) July 24th, 26th, 28th - Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1858159>

Week 4) Aug 7th, 9th, 11th - Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1858161>

Week 5) Aug 21st, 23rd, 25th - Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1858162>



Sept 2017 – Specialize Clinics

SAS Program (Speed, Agility, Strength) Complete your Game!!!! **Overview:**

We all know that Speed and Strength training are extremely important in training for any sport. Many athletes are only focused on the sport skills and are lacking in this area. Speed/Agility and Strength Training will **complete your game**, allowing you to sharpen your skills, get stronger, and become more athletic. Ultimate Sports SAS program get the most out of its athletes. Speed, Agility, and Strength are just some of the components we focus on during this program. The results that our athletes have shown in the training facility can be seen immediately with their performance on the athletic field. It is very apparent that those athletes who spend time honing their skills at Ultimate Sports reap the benefits on the field.

Group Classes: (4 Week Program - \$60 Special)

AGES DAY TIME (Start Date: Sept 5th)

8-13 Tues 7-8 P.M Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1877795>

8-13 Thurs 5-6 P.M Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1877796>