



<u>End of Clinics</u>	<u>Programs</u>	<u>End of clinic</u>
Mon	Winter Overall , Hitting Clinic	Feb 25th
Tues	Team Training - Ed Walsh	12-Mar
Tues	Winter Overall,	March 20th
Tues	Team Training, Reds	12-Mar
Weds	Winter Hitting	6-Mar
Thurs	Team Training , Yalesville, Flames	7-Mar
Fri	Winter Overall	March 1st
Sat	Team Training , Yalesville,	March 9th
Sun	Team Training, Ct Sting	March 17th
Sun	Team Training, NB Travel	March 31st

## March Clinics:

### SAS – Speed, Agility & Strength

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.

March: 4 Week March 6, 13,20,27 Ages 9-14 - \$75 – Weds 5-6 P.M

link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2335653>

### Baseball Overall Clinic:

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 25 kids per class. Sessions will be offered on Mondays and Fridays. 1 to 6 ratio with Instructors – Cost \$100

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

Mon: 5- 6 P.M - Overall Clinic Ages 7-8, 9-10 Cost \$100 (4 Weeks) start March 4<sup>th</sup> (Dates, March 4<sup>th</sup>, 11, 18, 25 )

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2357590>

### Baseball Hitting Clinic

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. Cost \$100

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

Mon: 6-7 P.M - Hitting Clinic - Ages 9-10, 11-12 : Cost \$100 ( 4 Weeks) - Start March 4<sup>th</sup> (Dates, March 4<sup>th</sup>, 11, 18, 25 )

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2358522>

### Pitching School

This clinic aims to teach proper throwing techniques and the fundamentals of pitching, while improving velocity and control. There will be a maximum of 5 kids per instructor for this program and everybody will be tested on the radar gun

Weds: 6-7 P.M - Pitching School 9-12 - Cost \$75 (3 Weeks) March 13,20,27 –

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2358526>

# USA - Ultimate Sports Academy

Family - This Complete Package is for \$350 - Great deal - you get 3 lessons as well besides a full year membership for the family

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2213253>

Single - this Complete Package is for \$300 - Great Deal - you get 3 lesson as well besides a full year membership for a single person

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2214542>

## Memberships - Includes: 1 Year

- Unlimited Use of the SAS room (Speed Tunnel) – Includes, Ropes, Ladder work, tire Flips, Plyo boxes – Any time during operation hours
- Unlimited Use of the Workout Room– after your receive a workout from our trainers –Any time during operation hours
- Unlimited Use of the Baseball Cages upstairs – Throwing, Soft-toss, Iron Mike Machine, BBS and radar Gun (Needs to be done **before 5 P.M** on weekdays and open on weekends during parties - Must Call ahead)
- Open hitting with Paul (Using the virtual) 1x a week - Times will be displayed weekly

Ultimate Sports is building a true Sports Academy. We are calling this #USA - Ultimate Sports Academy. Our main goal here is to give clients & families an opportunity to be part of something special. We are not affiliate with any teams and remain Neutral. This allows us to only focus on our clients and training players/teams to reach their true potential. (No politics or Drama - we train everyone) . Our Facility is one of kind - Something for everyone. We are the only place in CT with 4 Virtuals Machines (3 Baseball and 1 Softball) along with a Gym. Parents are now joining the gym while their child trains in lessons or clinics. It is truly a great Atmosphere for all. To be part of #USA, you will be a part of our Ultimate World and our mindset. Our mindset is being productive with training and stay on a mission of getting better every day. You will get productive training and open hitting with Coach Paul and Staff 1x a week with our Virtual Machines. My goal is to get all players on the same mindset, which is. Hard productive work pays off. Setting goals and beating them.

**Birthday Parties: Come to Ultimate Sports & Party Center to celebrate your next birthday! We guarantee that it will be the ultimate party experience and will put a smile on the birthday boy/girl and all of their guests. Where else can you go and play the sports of your choice in a full size arena and have your own private party room immediately after? At Ultimate Sports you can have both! Ultimate Sports has made another upgrade to its parties. Since the Glow in the Dark Parties is in such high demand, we decide to make the Arena GLOW more. We repainted the Green monster so it will glow. We also did the whole arena border so everything is unique**

<p><b>Standard Package:</b> Max # of participant up to 20 Length: 1 hour &amp; 45 minutes 1 hour in the arena, pick the sports of your choice (organized by ultimate staff members) 45 minutes in 1 of our 3 themed party rooms. Design your party/theme using your own supplies. (We supply tables, chairs, tablecloths, freezer, and refrigerator) Cost: \$225 (Requires \$100 Deposit)</p>	<p><b>Ultimate Package:</b> Max # of participant up to 20 Length: 2 hour &amp; 45 minutes. 2 hour in the arena, pick the sports of your choice (organized by ultimate staff members) 45 minutes in 1 of our 3 themed party rooms. Design your party/theme using your own supplies. (We supply tables, chairs, tablecloths, freezer, and refrigerator) Cost: \$325 (Requires \$150 Deposit)</p>
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**Ultimate Sports Summer Camp** - 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

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

**Location:** Ultimate Sports (Mon, Weds, Fri) working on Skill work / 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 and lunch if they are doing SAS. Also: We will be doing an SAS Class. SAS (Speed, Agility and Strength) we will be doing SAS 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.

Summer Camps Weeks	
Week 1	June 24
Week 2	July 8
Week 3	July 22
Week 4	Aug 5
Week 5	Aug 19

Ex: for Mon, Weds, Fri – Baseball Camp – 9-12 P.M (12:00 – 12:30, break in Party Room) 12:30 – 2:00 - SAS

### Pre-Sale Special for Summer Camp – Spots are limited

1 Week Special for Summer Camp & SAS - \$155 (Savings \$95)

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2367360>

3 Weeks Special for Summer Camp & SAS - \$400 (Savings \$350)

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2367361>

5 Weeks Special for Summer Camp & SAS - \$550 (Savings \$700)

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2367366>

	Baseball Clinic (9-12 P.M - Mon- Fri)					SAS (Mon, Weds, Fri 12:30- 2:00)				
# of Sessions	1	2	3	4	5	1	2	3	4	5
Cost Per Session	\$175	\$160	\$150	\$140	\$130	\$75	\$70	\$65	\$60	\$55

Option also: