

# 8 Week Fall /Winter Clinic (1<sup>st</sup> week in Feb)



## Overall Clinic: (Every Year we sell out)

This clinic is an overall clinic that will work 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

Newest: Almost All Overall Clinics were sold out!!! So we added another Class on Tues Night (8 Weeks)

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>	<u>Spots Left</u>	<u>Cost</u>	<u>Start Feb 2<sup>nd</sup></u>
8-12	Tues	7-8 P.M	6	\$175	for 8 weeks

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1468495>

## Newest:

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>	<u>Spots Left</u>	<u>Cost</u>	<u>Start Feb 2<sup>nd</sup></u>
11-15	Tues	8-9 P.M	6	\$175	for 8 weeks

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1496063>

**Start Date:** 1<sup>st</sup> week in Feb

**Cost:** **\$175 per program (8 weeks)**

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>	<u>Spots Left</u>
5-6	Fri	4-5 P.M.	2
7-8	Mon	5-6 P.M.	SOLD OUT
7-8	Fri	5-6 P.M.	SOLD OUT
7-8	Tues	6-7 P.M	SOLD OUT
9-10	Tues	6-7 P.M	SOLD OUT
9-10	Mon	5-6 P.M.	SOLD OUT
9-10	Fri	6-7 P.M.	SOLD OUT
11-12	Fri	7-8 P.M	SOLD OUT

### Format:

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

## 8 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 Wednesday. 1 to 6 Ratio with Instructors. We will be using the Virtual Machine for Live hitting as well..

**Start Date:** 1<sup>st</sup> week in Feb

**Cost:** **\$175 per program (8 weeks)**

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>	<u>Spots Left</u>
6-8	Mon	6-7 P.M.	SOLD OUT
9-10	Mon	6-7 P.M.	SOLD OUT
9-10	Weds	6-7 P.M.	2
11-12	Mon	7-8 P.M.	SOLD OUT
11-12	Weds	7-8 P.M.	2
13-15	Mon	8-9 P.M.	SOLD OUT
13-15	Weds	8-9 P.M.	2

### Format:

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

Ultimate Sports – 120 Church St, Yalesville Ct 06492  
 203-265-1961 / [www.ultimatesportsandtraining.com](http://www.ultimatesportsandtraining.com)  
 Email: [staff@ultimatesportsandtraining.com](mailto:staff@ultimatesportsandtraining.com)



# Feb 2016 WINTER SPECIALS (Monthly)

## Consistent Hitting Clinic (1<sup>st</sup> week in Feb )4 week Program

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>	<u>Spots Left</u>	<u>Cost (Start Date: Feb 3<sup>rd</sup>)</u>	<u>Link:</u>
(13-17) Middle/High School	Weds	5-6 P.M	5	\$100	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1476662">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1476662</a>

## Speed & Agility / Strength & Conditioning (4 Weeks) - Super Special

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>	<u>Spots Left</u>	<u>Cost (Start Date: Feb 4<sup>th</sup>)</u>
9-15	Thursday	5-6 P.M	5	\$50

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1476667>

## Pitching School Clinic (1<sup>st</sup> Week in Feb) 4 Week Program

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>	<u>Spots Left</u>	<u>Cost (Start Date: Feb 2<sup>nd</sup>)</u>
9-12	Tues	5-6 P.M	3	\$100

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1476664>

### 2016 New Year's Gym Specials!!

#### 4 Lesson Special for the Gym with Nick (4 – 30 mins lessons) for \$99 - Any Ages and Sports

Here is the link to sign up:

<https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1449267>

**Goals:** *Velocity, Power, Speed, Agility, Core, Quickness, Strength, etc.* **Strength Training:** *Core Training, sports specific training, Speed and Agility*

#### 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 and Strength Training will *complete your game*, allowing you to sharpen your skills, get stronger, and become more athletic. Ultimate Sports Speed and Strength Program get the most out of its athletes. Power, Speed and Agility are just some of the components we focus on during this off-field program. The results that our athletes have shown in the training facility directly effects 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.

### Lacrosse – Feb 2016 – 4 Week Special (Final Round – 3)

Ultimate Sports Lacrosse Youth Clinic is designed for boys and girls of all abilities to improve their skills in an instructional and positive atmosphere. The Lacrosse Clinic offers players an intensive 4 week (Special) opportunity to become better lacrosse players under the direction of some of the area's finest coaches

#### Starting 1<sup>st</sup> week in Feb for 4 Weeks (\$75)

Every facet of the game is covered; Technical Demonstrations, Catching & Throwing Techniques, Scooping & Cradling, Ground Balls & Face Offs, Shooting, Attacking Concepts, Defensive Positioning, 1v1 through 3v3 drills, Movement off the Ball, Team Work Daily Scrimmages, and more!

**Instructor Dale Williams (Boys):** Dale played lacrosse at Cheshire High School. He is currently the Boy's Coordinator for Wallingford Youth Lacrosse and has been a coach since the league was started. He is also running a "Mini-Box" Lacrosse Clinic (3v3 with goalies) for High School players @ ultimate on Sunday Mornings. Dale is very knowledgeable and passionate about the game. He is a great fit to the Ultimate World !!!!

**Equipment (Boys)** All Players need full Equipment: Helmet, Shoulder pads, elbow pads, gloves, stick, cup and sneakers. Please let us know what level your child is beginner, intermediate or a veteran.

#### Basic guidelines:

Beginner = no experience / Intermediate = played 1-2 seasons / Advanced = played 3+ seasons

Note: Exceptions can be made to the above. Parents should use their best judgment. Players can switch groups at any time.

#### Boys : Feb 4,11,18,25 - Thurs Night – Cost Only \$75

<u>Level</u>	<u>Age</u>	<u>Time</u>
Beginner/Intermediate	9-14 Boys	7-8 P.M

Link to sign up: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1496073>



Ultimate Sports - 203-265-1961 , 120 Church Street, Yalesville, CT 06492 / [www.ultimatesportsandtraining.com](http://www.ultimatesportsandtraining.com)

Ultimate Sports – 120 Church St – Yalesville Ct 06492 – 203-265-1961 [www.ultimatesportsandtraining.com](http://www.ultimatesportsandtraining.com) Email: [staff@ultimatesportsandtraining.com](mailto:staff@ultimatesportsandtraining.com)