

# College Bound Camps - Winter Program

**Complete Program = 6 Classes / 90 Minutes Each Class**  
**Program Offers 3 Offensive Classes & 3 Defensive Classes**

**Defensive**



**Speed & Agility**



**Offensive**

**December 3rd, 2021 – January 21st, 2022 Fridays**  
(Skip Dec. 24th and Dec. 31st)

Defensive + Speed & Agility - Dec. 3, Dec. 17 & Jan. 14

Offensive + Speed & Agility - Dec. 10, Jan. 7 & Jan 21

## Defensive

Foot & Hand Speed  
Glove Work  
Mental Training  
Softball IQ  
Quick Transfers  
Drop Step  
Bag Work

## Offensive

Swing Mechanics  
Hitting Drills  
Bat Speed  
Adjusting to Pitch Location  
Mental Training  
Video Analysis

## Speed & Agility

Core Work  
Foot Speed  
Arm Strength  
Legs & Power

## Program Staff:

Debbie Nelson—Sacramento State, Megan Clark & Katie Rohrer—San Francisco State, Rachel Cid—University of Oregon, Oliver Sanchez—AASA Instructor + Many Current College players from UC Davis, University of Mary & More.

**Cost:** 6 Classes / \$250.00 per player  
3 Classes / \$130.00 per player  
1 Class / \$45.00 per player

Two Levels: 10u – 14u 6:00pm to 7:30pm  
16u – 18u 7:30pm to 9:00pm  
(High School Only)

**Sign up or all 6 Dates, 3 Dates, or Pick a Date that works for you!!!**

**Location:** All American Sports Academy – 280 East Larch Road #117, Tracy CA 95304

**Great Value:**  
**All 6 Dates only \$41.67 per Class**  
**Great Staff**  
**Space is Limited**  
(last year sold out)

For Additional Info Contact the Academy  
Phone: (209) 833-2255  
Email: [Info@allamericansportsacademy.net](mailto:Info@allamericansportsacademy.net)

**Once Registered there will be no "Refunds" or "Make-Ups"**