

Semi Private & Private Training

Diamond Kings brings expert knowledge to players of all ages and abilities.

Our professional coaches work with each individual in a fun, structured atmosphere conducive to athletic success. Our training packages are designed to be flexible enough to fit any schedule and budget.

- Baseball & Softball Hitting
- Pitching
- Fielding
- Catching
- Windmill Pitching

60 min GROUP

Training Sessions

- More Reps
- Build competitiveness
- Improve Focus
- Learn from others
- Better value
- Make your own 10 week package with teammates or use our schedule

→ \$40 per session

→ \$425 for 10 sessions

→ \$925 for 25 sessions

Min 3 Max 5 per session

The DK Staff of professional instructors are current or former collegiate baseball and softball coaches and most have played professionally in the United States or overseas.

More importantly, they all share in the belief that an exceptional work ethic and a positive attitude, coupled with the highest level of professional instruction facilitate self confidence in each player's on-field and off-field abilities.

Private Training

- One on one
- Flexible Scheduling

\$45 half hour

\$85 hour

\$400 for 10 half hours

\$925 for 25 half hours

REGISTER ONLINE @ dkacademy.com

Fall 2024

842 Clark Ave
Bristol, CT 06010



DIAMOND KINGS



Winter/Spring/Summer
Developmental Travel Teams since 2007

Ages 10-12, 13, 14, 15/16, 17/18u

Please email
info@neknights.com or
visit neknights.com for
more information



Fall Programs 2024

Check out our programs
Incorporating training with



842 CLARK AVE BRISTOL 860.584.1386
info@dkacademy.com
www.dkacademy.com
Located in Healthtrax, just off RT 6 in Bristol

Serving Connecticut's baseball and softball community with complete player development solutions since 2002

Fall Hitting Leagues

Thursdays 7-8pm

Session 1 Oct 10, 17, 24

Session 2 Nov 7, 14, 21

Session 3 Dec 5, 12, 19

Each week teams compete against pitching from the DK staff. Each player's points are awarded for hitting balls into designated areas of our batting cages.

All hitters will begin having increased awareness of their strike zone and swing mechanics

- Hitters will increase confidence as a result of preparation and repetition in the off season
- Keep you batting skills sharp!
- Ages: 7-8, 9-12

Fall Star Lesson Program

Don't miss out on the best offer of the year!

This program is designed to allow players the opportunity to dramatically increase baseball and softball skills during the off season.

Now through December 1 players receive 5 half hour lessons scheduled with DK's staff of professional players and college coaches. Get use of cages when available. If you want to see huge results, then Fall Star is for you.

\$225 per package

Fall Skills & Conditioning School

Classes designed for players ages 7-9 and 10-12 to improve hitting, fielding, throwing mechanics and total body strength. Classes consist of baseball skills and conditioning each week from DK and the *Parisi Speed School*.



Thursdays 6-7pm

These are programs no young player should miss!

Session 1 Oct 10, 17, 24

Session 2 Nov 7, 14, 21

Session 3 Dec 5, 12, 19

\$79 per player

17th Annual
ORIGINAL OLD SCHOOL

BLACK FRIDAY FUN DAY

Friday
NOV 29, 2024
at DK BRISTOL

Drop the kids off anytime after 9am and parents can "kid-free" shop from 9am to 2pm. When you come get them they'll probably fall asleep in the car from all the fun and exercise they had! Plus we get pizza around noon!

- Dodgeball
- Wall Ball
- Wiffleball
- Tug Of War
- Relay Races
- Handball
- **\$30 per child**

Ultimate Sports Birthday Parties

The Ultimate Party for your ALL STAR!
LET US DO ALL THE WORK!

All Party Packages include:

- All Paper Goods for Food and Drink
 - Cheese Party Pizza and a case of water
 - One hour of baseball games and contests with the DK Staff
 - Package includes 10 players
 - Accuracy Contest, radar Gun Challenge, Fielding Challenge, Wiffle Ball and More!
- Price: \$299 \$10 per player over 10

OFF SEASON STRENGTH & BATTING

Throughout both sessions we'll improve rotational strength, hip strength, and core to provide athletes with functionality to be more efficient players. Players will also work on speed and change of direction as how it relates to baseball.

- With Knights GM and Post Univ assistant coach Jared Zima
- Middle and HS groups
- Specific workouts for Position Players and Pitchers
- 2x week on Tuesdays & Thursdays from 7-8:30pm
- 60 mins position specific strength & 30 mins batting
- Access to Parisi Speed School's gym and Train-Heroic App for at home workouts

Session 1

Nov12, 2024 – Jan 9, 2025

Session 2

Jan14, 2025 - Mar 13, 2025