**Back to Basics Pitching**

with Hitter’s Club’s Rob Cafiero and Randy Leek

There have been many advancements in knowledge and technology to enhance a pitcher’s ability to perform at a high level in the last 15-20 years, including biomechanical analyses, spin rates, and velocity training. While all of this improved information is very useful and can be used to aid a pitcher’s performance, the basic fundamentals are sometimes neglected at the middle school and high school levels in favor of these advanced technologies. Hitter’s Club has always been committed to creating a strong foundation for the young athlete, which is why we have developed our new Back to Basics training program. This program will help pitchers understand the importance of the basic foundational principles that will give them a chance to reach their maximum potential.

Rob Cafiero and Randy Leek are passionate about making sure young pitchers have a strong understanding of the fundamentals that all pitchers need to succeed. This includes basic mechanical positions that all pitchers need to attain, situational awareness to help determine what pitch to throw, learning how to read hitters’ swings and takes, and being conscious of your own strengths and weaknesses. This training program will include weekly bullpen sessions, talking about and learning different grips for different pitches, and certain strengthening exercises that are specific to pitchers.

Be sure to take advantage of this one-of-a-kind program before it’s too late. This program is EXTREMELY LIMITED, as we are keeping our instructor-to-pitcher ratio as small as possible to give each pitcher as much one-on-one time as possible.

Back to Basics Pitching will include, but is not limited to:

* Improve mechanics
* Pitch grips
* Proper warm-up and stretching
* Situational awareness
* Bullpen sessions
* Mental aspects of pitching
* Medicine ball exercises

**Back to Basics Pitching**

Grade 7-12 (full distance field)

Session 1: Sunday mornings Feb 16 – Mar 9, 2025 (4 weeks)

8:30 am – 10:00 am

$250.00 or $75.00 for individual sessions

Session 2: Sunday mornings Feb 16 – Mar 9, 2025 (4 weeks)

10:00 am – 11:30 am

$250.00 or $75.00 for individual sessions

Grade 4-6 (46’ and 51’ mounds)

Session 1: Sunday mornings Mar 16 – Apr 19\*, 2025 (6 weeks)

9:00 am – 10:00 am

$250.00 or $50.00 for individual sessions

Session 2: Sunday mornings Mar 16 – Apr 19\*, 2025 (6 weeks)

10:00 am – 11:00 am

$250.00 or $50.00 for individual sessions

**See Rob or Randy to register**

**payment can be made via cash, check, or venmo**

**\*final week’s sessions will be on Saturday, April 19**

**Call 516-804-8795 or email info@hittersclubinc.com**