



FEBRUARY 26TH



The Mental Approach to Hitting

This camp is designed to help players to understand the physical performance advantages of mental preparation before, during, and after a plate appearance. Instructors will break down the cerebral aspects of At-Bats to help players understand how important their Mental Approach is to success...

During the clinic, players will discuss:



- ▣ Count adjustments
- ▣ Situational hitting
- ▣ Off-speed pitch approach
- ▣ Hitting to opposite field
- ▣ Subtle physical adjustments
- ▣ In-bat alterations to sequences
- ▣ Mental recovery
- ▣ Recognizing tendencies
- ▣ On-deck tactics
- ▣ And more...

\$25 FOR MEMBERS

\$35 FOR NON-MEMBERS

Modified and High School Ages (7th thru 12th Grade)

Sunday, February 26th from 1:00 to 2:30