



UNIVERSITY OF MAINE SOFTBALL **BAT SPEED and POWER**

ADVANCED HITTING CLINIC

Conducted by Coach Mike Coutts

Have you ever wondered how you can improve bat speed and hit for more power??

Well look no further!!!!

for SOFTBALL PLAYERS ONLY.....

Guaranteed to improve both your bat speed and power and make you a better hitter.

THURSDAY NIGHTS – MITCHELL HITTING PAVILION

Jan 10 to Feb 21 (no session Feb 7)

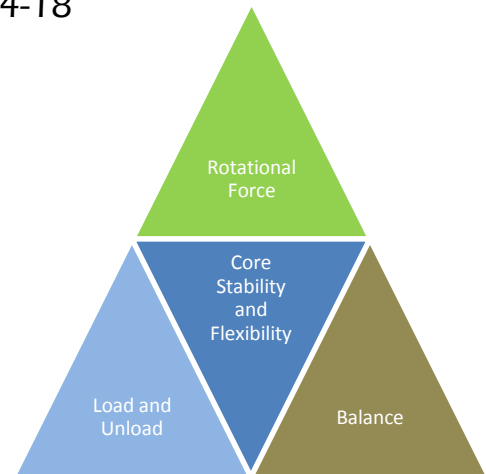
Session 1 – 600-700 PM

Session 2 – 700-800 PM

Cost: \$150.00 Ages: 14-18

PROGRAM INCLUDES:

- ▶ Personal Evaluation on Key Components
- ▶ Bat Speed and Ball Exit Speed
- ▶ Mobility Evaluations
- ▶ Core Training
- ▶ New and Innovative Drills to Improve Bat Speed, Power and Overall Hitting Skills
- ▶ Agility & Quickness for Overall Condition



Bat Speed and Power Triangle

DON'T DELAY..SIGN-UP TODAY.

LIMITED NUMBER OF PARTICIPANTS

Bat Speed and Power

NAME _____ Date of Birth _____

ADDRESS _____ Phone # _____

_____ E-Mail Address _____

Parent(s) Name _____ Emergency Contact# _____

Session 1 Session 2 Please Circle

() Visa () MC Card # _____ Exp _____ Security Code _____



Please make checks payable to: University of Maine Softball

Mail registration and payment to: Linda Cappuccio, 5747 Memorial Gym, Orono, ME 04469

581-2267 Fax: 581-3070 Email: sport.camps@umit.maine.edu

