



2017-2018



FRANK NILES HITTERS' WORKSHOPS

Hitters' Workshops, led by Coach Frank Niles will be held three different times throughout the winter and spring. Designed to give hitters an opportunity to focus directly on all aspects of the fine art of hitting, workshops will be held on Saturdays in November and then during February and April school vacations.

The workshops will be for players 8 - 18 years old. Players will be grouped by age and ability.

Lectures and drills are intended to create habits that will give hitters what they need to succeed come game time.

Each workshop will include:

- * **DAILY HITTING LECTURES**
- * **FIVE DIFFERENT HITTING STATIONS**
- * **VARIOUS SKILLS WORK AND DRILLS**
- * **LIVE HITTING CAGE WITH PITCHER**
- * **SOFT TOSS AND BUNTING**
- * **FOUR LIVE HITTING STATIONS**
- * **SAFETY STATION ON INSIDE PITCHES**

COST is \$165.00 for Members and \$200.00 for Non Members.

ENROLLMENT IS LIMITED!
 Please detach and return with payment

2017-2018 WORKSHOPS REGISTRATION FORM

Name _____ Date of Birth _____

Street _____ City _____

State _____ Zip _____ Phone _____

E-Mail Address _____

Please check the session that you will attend

SESSION ONE: ___ Ages 8-18 12:45 PM - 2:30 PM Saturdays, November 4, 11, 18, 25

SESSION TWO: ___ Ages 8-18 2:30 PM - 4:15 PM February 19, 20, 21, 22

SESSION THREE: ___ Ages 8-18 9:00 AM - 10:45 AM April 17, 18, 19, 20

Please check method of payment: Members \$165 Non Members \$200

Cash Check MC VISA # _____ EXP. _____

Signature _____

OFFICE USE: DATE _____ AMT \$ _____ CASH CK # _____ AP # _____



www.SSBC.com

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SSBC – “Where the Dream Begins...”



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