



## The Strike Zone Lessons: Instructions Given by Paul Quinzer

Division I Pitcher (College World Series in '86) (4 years varsity letter winner)

6 years with the San Diego Padres Organization (highest level AAA)

22 years coaching High School Baseball with over 40 players moving on to the next level and 3 to professional ranks

\*Several of his past and present players/coaches will be helping him.

### PRICING: Individual Instruction

Pitching lessons \$40

Hitting Lessons \$35

Discounted package pricing:

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| <ul style="list-style-type: none"> <li>• 5-Lesson Pitching Package: \$190</li> <li>• 5-Lesson Hitting Package \$166</li> </ul> | <ul style="list-style-type: none"> <li>• 10-Lesson Pitching Package \$372</li> <li>• 10-Lesson Hitting \$325.50</li> </ul> |
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### PRICING: Group Instruction

4 players per group, rotating between hitting, fielding and pitching (non-pitchers will get a few more grounders and swings).

Package 1 4 week session 1 ¼ hr. each	\$ 55
Package 2 8 week session 1 ¼ hr. each	\$ 100
Package 3 12 week session 1 ¼ hr. each	\$ 145

**FOR MORE INFO OR TO SIGN UP CONTACT COACH QUINZER AT  
(812) 781-1066 OR pquinzer@yahoo.com**

#### Lesson Policies:

- Pitchers must bring their own catcher or they will throw into a net.
- All athletes need turf shoes for all training sessions. Cleats are not allowed in the facility.
- Hitters taking a private lesson need to bring their bat and helmet they use in competition.
- Parents are expected to remain quiet during lesson time to avoid distractions.
- Cancellations or changes must be made a day ahead of scheduled lesson

#### Pitching

Learn proper pitching mechanics  
Improve pitching speed  
Learn various finger grips  
Learn proper stances and mound setup  
Learn different pitches

#### Hitting

Increase batting power/speed  
Improve your batting average  
Learn to use hips properly  
Learn correct hand position on bat  
Shorten your overall swing

#### Fielding

Learn to field groundball/flyies  
Learn proper ready positioning  
Learn proper fielding mechanics  
Improve your throwing  
Learn both infield/outfield positions