

## 10 Week Fall /Winter 2016/17 Clinic (Starts 1<sup>st</sup> week of Jan )

# Overall Clinic: (Every Year we sell out)

**Link to sign ups:** <http://www.ultimatesportsandtraining.com/content/bbtraining.html>

This clinic is an overall clinic that will focus on fielding, throwing, catching, hitting, bat speed, base running, sliding, speed & agility, and conditioning. There will be a maximum of 30 kids per class. Sessions will be offered on Mondays and Fridays. 1 to 6 ratio with Instructors

### Format:

- Circuit Training(Station Work)
- Bat Speed / BBS
- Fielding
- Pitching
- Live Hitting (Virtual Machine)
- Throwing Speed
- Cutoffs / Outfield
- All Aspects of the Game

<b>Start Date:</b>	Jan 3 <sup>rd</sup> for Tues Classes
	Jan 2 <sup>nd</sup> for Mon classes
	Jan 6 <sup>th</sup> for Fri classes
<b>Cost:</b>	\$230 per program (10 weeks)
	\$450 for 2 programs

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>	<u>Spots Left</u>	<u>Link</u>
5-6	Fri	4-5 P.M	2	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605326">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605326</a>
7-8	Mon	5-6 P.M.	Sold Out	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605328">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605328</a>
7-8	Fri	5-6 P.M.	Sold Out	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605327">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605327</a>
9-10	Mon	5-6 P.M.	Sold Out	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605329">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605329</a>
9-10	Fri	6-7 P.M.	3	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605330">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605330</a>
11-12	Fri	7-8 P.M	Sold Out	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605331">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605331</a>
8-12	Tues	6-7 P.M	5	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1653395">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1653395</a>

**Newest: 4 Week Overall – Only \$75**

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>	<u>Spots Left</u>	<u>Link</u>
12-16	Thurs	7-8 P.M	7	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1735313">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1735313</a>

## 10 Week Hitting School (Every Year we sell out)

This clinic specifically works on hitting mechanics and bat speed. There will be a maximum of 20 kids per class. Sessions will be offered on Mondays and Wednesdays. 1 to 6 ratio with Instructors. We will be using the Virtual Machine for Live hitting as well.

### Format:

- Proper Mechanics
- BBS / Bat Speed
- Live Hitting – All Different Pitches and Speed
- Mental Approach
- Situational Hitting

<b>Start Date:</b>	Jan 2 <sup>nd</sup> for Mon classes
	Jan 4 <sup>th</sup> for Weds classes
<b>Cost:</b>	\$230 per program (10 weeks)
	\$600 for 2 programs

<u>AGES</u>	<u>DAY</u>	<u>TIME</u>	<u>Spots Left</u>	<u>Link</u>
6-8	Mon	6-7 P.M.	Sold Out	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605332">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605332</a>
9-10	Mon	6-7 P.M.	Sold Out	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605333">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605333</a>
9-10	Weds	6-7 P.M.	5	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605335">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605335</a>
11-12	Mon	7-8 P.M.	5	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605336">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605336</a>
11-12	Weds	7-8 P.M.	5	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605337">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605337</a>
13-16	Mon	8-9 P.M.	5	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605338">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605338</a>
13-16	Weds	8-9 P.M	5	<a href="https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605339">https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&amp;GroupID=1605339</a>

Ultimate Sports – 120 Church St – Yalesville 06492 – 203-265-1961

[www.ultimatesportsandtraining.com](http://www.ultimatesportsandtraining.com)

Email: [Staff@ultimatesportsandtraining.com](mailto:Staff@ultimatesportsandtraining.com)

## Holiday Baseball Clinics 2016 Dec 26<sup>th</sup> – 30<sup>th</sup>

### *“Baseball the way it’s supposed to be”*

This will be a 5 day comprehensive baseball training program designed specifically by age group and will **stress** the fundamentals of fielding, throwing, hitting, and game strategy. The participants will be taught by the expert staff of Ultimate Sports. Each client will be tested on how hard they throw, the speed at which they hit a ball (BBS), and will be educated in how to increase both their arm strength and BBS. We also do an evaluation on every client. Note: we run it just like our summer camps.

**Time:** 9:00 – 12:00 PM – (Mon-Fri) **Location:** Ultimate Sports 120 Church St Yalesville Ct

**Notes:** Each participant is required to bring their own snack. **Ages:** 5-7 / 8-10 / 11-12

Cost: \$150 Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1691241>

## Jan 2017 – Specialize Clinics

**SAS Program** (Speed, Agility, Strength) Complete your Game !!!! ( 4 week Program)

### Overview:

We all know that Speed and Strength training are extremely important in training for any sport. Many athletes are only focused on the sport skills and are lacking in this area. Speed/Agility and Strength Training will **complete your game**, allowing you to sharpen your skills, get stronger, and become more athletic. Ultimate Sports SAS program get the most out of its athletes. Speed, Agility, and Strength are just some of the components we focus on during this program. The results that our athletes have shown in the training facility can be seen immediately with their performance on the athletic field. It is very apparent that those athletes who spend time honing their skills at Ultimate Sports reap the benefits on the field.

**Group Classes: (4 Week Program - \$50 Special) or both nights \$75 (Tues & Thurs)**

**AGES DAY TIME (Start Date: Jan 3rd )**

**7- 13 Tues 5-6 P.M**

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1728092>

**Group Classes: (4 Week Program - \$50 Special) or both nights \$75 (Tues & Thurs)**

**AGES DAY TIME (Start Date: Jan 5th )**

**7- 13 Thurs 6-7 P.M**

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1728087>

## Jan 2017 – 4 Week Pitching School with Dillon

We are doing a Pitching School with Dillion Ryan. What the program will include: Velocity Increase, Strength And Speed Program (Age Specific), Pitching Routine. The Goal here Throw farther Throw Safer, Develop Throwing Specific Strength, Reduce Recovery Time.

**Mechanical Enhancements:** Postural Efficiency, Arm Action Efficiency, Scapular Load Efficiency, Separation, Torque Efficiency

**AGES DAY TIME (Start Date: Jan 5th )**

**9-12 Thursday 7-8 P.M Cost \$75**

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1728105>

## Jan 2017 - Consistent Hitting with Paul Cambra

I wanted to introduce you all to a new Specialized Clinic that Paul Cambra has developed. This clinic called **Consistent Hitting** will focus on **hitting consistency** and having a game plan for each pitch (Hitting Approach). Paul trained many college players over this past summer to prove how this *consistent hitting* programs works. Each player will take rounds of 25 swings (5 swings per round), where each swing is rated from 1-10 (*entered into a computer program that will analyze the data*). Players will learn how to rate a hard hit (1-10). They will realize how important each swing is and how to be more consistent. This clinic will get them true results in a game because it's off TRUE LIVE Pitching (Virtual Machine). Each week they will see set goals and see their progress. There is also a comparative chart to see where each player is at for his age level.

**AGES DAY TIME (Start Date: Jan 4th )**

**11-14 Weds 5-6 P.M Cost \$75**

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1728124>