



WEEKLY HITTING CAMP

**PLEASE CONFIRM YOUR ATTENDANCE PRIOR

OBJECTIVE

To teach hitters how to put themselves in the best position to succeed by improving physically, mechanically, and mentally.

AREAS OF FOCUS

BAT SPEED - we will have monthly progress checks measuring the hitters exit velocity! This will allow us to track their progression as well as giving the hitters instant feedback!

MECHANICS- one on one time with a former D1 hitter providing the young hitter with knowledge and ability to make adjustments.

MENTAL APPROACH- each night will have a 10-15 minute window of "Talking Hitting". Each session will focus on different aspects of hitting.

EXPERIENCE

JAKE HANSON-

Former D1 baseball player @ Valparaiso. Coaching experience with NIL Reds and Indiana Chargers. Worked with Prep Baseball Report in their event management, scouting, and player profiles.

Contact Info:

(630) 391-2315

jake10hanson@yahoo.com

BOBBY KUNTZENDORF-

Former D1 baseball player with experience @ NIU. Coaching experience with the NIL Reds as well as giving lessons to over 40 young athletes.

Contact Info:

(630) 888-9461

bobby3kuntzendorf@yahoo.com

MORE INFORMATION

Location- Reds Warehouse- 1213 S. Bridge St. Yorkville, IL

Time- Monday Nights starting 8/7

(Limited Spaces Available)

-9-14U 7-8 pm

-15-18U 8-9 pm

** TIMES SUBJECT TO CHANGE

Price- \$15 per night