

# MODIFIED & HIGH SCHOOL BASEBALL DIAMOND PROGRAM

JOIN US FOR OUR 12-WEEK DIAMOND TRAINING PROGRAM

- MODIFIED & HIGH SCHOOL PROGRAMS
- 60 MINUTE SESSIONS FOR WEEKS 1-6, 90 MINUTE SESSIONS FOR WEEKS 7-12
- FIRST 6 WEEKS WILL BE INSTRUCTION
  - PITCHERS WILL LEARN ABOUT ARM CARE, WORK ON DEVELOPING ARM STRENGTH, MECHANICS AND THROW BULLPENS
  - HITTERS WILL WORK ON THE MECHANICS OF THEIR SWING, LEARN ABOUT SITUATIONAL HITTING AND UTILIZE VARIOUS HITTING DRILLS
- LAST 6 WEEKS WILL BE LIVE GAME ACTION WHERE OUR PITCHERS AND HITTERS FACE EACH OTHER IN A GAME LIKE ATMOSPHERE

EACH SESSION IS LIMITED TO 12 PLAYERS. THE COST OF THE DIAMOND PROGRAM IS \$300 PER PLAYER FOR HITTING OR PITCHING AND \$500 IF YOU WOULD LIKE TO BOTH HIT AND PITCH. PAYMENT IS REQUIRED TO SECURE A SPOT. THIS PROGRAM IS RUN BY COACH STELTZ AND COACH AMES.

MODIFIED (7TH & 8TH GRADES) - SATURDAYS 5-6PM (4:30-6 WEEKS 7-12)

JV (9TH & 10TH GRADES) - SATURDAYS 6-7PM (6-7:30 WEEKS 7-12)

VARSITY (11TH & 12TH GRADES) - SATURDAYS 7-8PM (7:30-9 WEEKS 7-12)

**PROGRAM RUNS 12/21/24 TO 3/8/25**

NAME: \_\_\_\_\_

GRADE: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

CIRCLE ONE: HITTING PITCHING BOTH LEVEL OF PLAY (CIRCLE ONE): MOD JV VARSITY

PLEASE MAKE CHECKS PAYABLE TO **CAGE HEAT** OR PAY VIA VENMO TO **@AMES21**



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