

# BASEBALL LITTLE LEAGUE DIAMOND PROGRAM

JOIN US FOR OUR 8-WEEK DIAMOND TRAINING PROGRAM

- LITTLE LEAGUE PROGRAM FOR AGES 8-12
- 60 MINUTE SESSIONS FOR WEEKS 1-4, 90 MINUTE SESSIONS FOR WEEKS 5-8
- FIRST 4 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 4 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 \$250 PER PLAYER FOR HITTING OR PITCHING AND \$450 IF YOU WOULD LIKE TO BOTH HIT AND PITCH. PAYMENT IS REQUIRED TO SECURE A SPOT.

LITTLE LEAGUE (AGES 8-10) - SUNDAYS 11AM-12PM (11AM-12:30PM WEEKS 5-8)

LITTLE LEAGUE (AGES 11-12) - SUNDAYS 12-1PM (12:30-2PM WEEKS 5-8)

PROGRAM IS RUN BY COACH DOYLE

STARTS 1/12/25 & ENDS 3/2/25

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

AGE: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

CIRCLE ONE: HITTING PITCHING BOTH

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



## CAGE HEAT LLC

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