

MODIFIED & HIGH SCHOOL SOFTBALL

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
 - 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 WE WILL BRING IN PITCHERS TO FACE OUR HITTERS IN A GAME LIKE ATMOSPHERE

EACH SESSION IS LIMITED TO 12 PLAYERS. THE COST OF THE DIAMOND PROGRAM IS \$300 PER PLAYER. PAYMENT IS REQUIRED TO SECURE A SPOT. THIS PROGRAM IS RUN BY CHATHAM HS VARSITY COACH JOHN BRANTLEY.

MODIFIED 8:30-9:30AM/ 8-9:30AM (WEEKS 7-12)

HIGH SCHOOL 9:30-10:30AM/9:30-11AM (WEEKS 7-12)

THIS PROGRAM WILL RUN EVERY SUNDAY FROM 12/22/24 TO 3/9/25

NAME: _____

GRADE: _____ EMAIL ADDRESS: _____

LEVEL OF PLAY (CIRCLE ONE): MOD VARSITY

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



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