



# Winter Hitting Mechanics and



# Power Development Program

A Program focused on teaching young hitters (9-14) how to get the most out of their swings and compete in the box. Max McDowell (Brewers) and Tyler Smith (Angels) will provide drills and instruction weekly and every session will finish with game like at bats and team competition.

- 4 week program starting on December 17<sup>th</sup>-January 14<sup>th</sup> (skip Christmas eve)
- 5 pm-6 pm- 7pm
- Tee work and Front toss Drills used by the pros
- Weekly team competition focused on execution and/or hitting bombs

\$75 dollars per player - Cash or Check (The Baseball Academy of Norwin)

To reserve your spot, Email us at [norwinacademyinfo@gmail.com](mailto:norwinacademyinfo@gmail.com)

- Request preferred session time but may move you to be with same age

