



Presents:

“High Impact Baseball Training”

Mail completed form and check to: **Line Drive Sports**
Contact Tom Imdieke with any questions at tom@linedrivesports.com or at 651-490-7898

Postmark no later than December 31st, 2011

The Andover Baseball Association is excited to announce the 2012 High Impact Baseball Training that will be held at the Andover Community Center from January through February. **Line Drive Sports** will be conducting the training using professional baseball trainers. These trainers include: Joe Boyce and Jeff Dainty from Boyceball Training, Seth Rosin from the San Francisco Giants, and Ethan Imdieke from Line Drive Sports. This 7-session training will give Andover baseball players an opportunity to continue to develop their baseball skills.

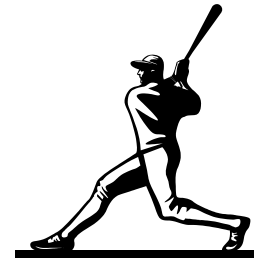
The Baseball Basics sessions will consist of seven 55 minute sessions as an introduction to hitting, fielding, and pitching drills. The Hitting/Defense sessions will consist of five 55 minute sessions of hitting training and two 55 minute sessions of defense training for a total of seven sessions. The Pitching sessions will consist of seven 55 minute sessions of pitching training. All training sessions will focus around mechanics and fundamentals.

High Impact Baseball Training

Training sessions will be held on the following Sundays ranging from 1:30 – 5:30pm:



January 15 th , 2012
January 22 nd , 2012
January 29 th , 2012
February 5 th , 2012
February 12 th , 2012
February 19 th , 2012
February 26 th , 2012



Philosophy of Line Drive Baseball Instruction Sessions

Hitting Sessions: Our goal is to improve the players’ swing mechanics while significantly increasing their power and bat speed. We do numerous hitting drills including plenty of live batting practice to get players ready for their season. We will teach players a quick, short swing and how to drive the ball to all fields.

Defense Sessions: The goal is to improve the players’ fielding fundamentals while promoting confidence in the players’ approach. We will address the players’ footwork, rounding the ball, throwing mechanics, etc. that will teach each player to be a strong and confident defender.

Pitching Sessions: We work hard on the proper mechanics of pitching and throwing while also developing arm strength. We focus heavily on pitching in different situations throughout a game. Our goal is to maximize pitching velocity while teaching control and strategy.

Registration Instructions

Complete the [registration form](#) and mail it **WITH** your check made payable to **Line Drive Sports** to: **Line Drive Sports, High Impact Training, 479 Apollo Drive, Suite #20, Lino Lakes, MN 55014**. This clinic is on a ***first come, first served basis*** and spots will be filled only when your check is received.

Registration closes on December 31st, 2011 or earlier if the clinic is full.

Note: There is a \$25 cancellation fee if you choose to cancel prior to the beginning of the training program. There is no refund once the program starts.

