



HIT & PITCH

5887 Adderly St. Norfolk VA - Open Mon-Fri 4:00-9:00 Saturday 12-8

Call 757- 466-1414 www.tidewaterhitandpitch.com

ROCK & JOCK HITTING CLINICS!



ROCK & JOCK HITTING WORKOUT

Saturday nights from 6-7pm hit to your favorite tunes. Tidewater Hit & Pitch conducts a 1-hour hitting clinic where player rotate from hitting station to hitting station & learning the basic fundamentals of hitting.

Players Ages -- 8 through 13.

Clinic Cost \$30.00

** Please note management has the right to change non suitable music.*

Please Call Today to Secure a Spot-757.619.5513

Saturday's 6-7 pm Hitting Workouts!

Bring your own tunes (I.Pod)

There's no better way to improve a player's hitting skills. Tidewater Hit & Pitch FUN-damentals CLINICS: For ages 8 through 13. Learn the same basic fundamentals used by the pros in a fun and rewarding learning atmosphere. Our 4-to-1 player-to-instructor ratio allows us to work with each player one-on-one on their specific needs to maximize the learning process. Topics covered include:

Improve your swing mechanics, power potential, bat control, vision, strike zone awareness and situational hitting ability. Our program includes a complete series of drills, batting practice and simulated game action. Low player-to-instructor allows every camper to receive personalized instruction each session.

To maximize and enhance the experience for the athletes, the clinic will only accept the **first 12 players** in order to offer personal, one-on-one training to each athlete.

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