

Lawrence Tech University

THROWING CAMP

This 3 week series is designed to increase velocity, decrease pain, improve accuracy and educate on proper biomechanics. The class will progress each week and give tangible drills that the girls can supplement training with.

On average, players see a 3-5mph increase in velocity and leave with remarkably less pain. This class will teach proper transfer/timing of hands and feet as well position specific footwork

FOR GRADES: 6-12

DATE & TIMES: 11/11, 11/18 &11/25 From 10:30-11:30am

Location: 2sp Madison Heights at their NEW LOCATION on the west side of Stephenson Hwy

COST: \$120.00 TO REGISTER

To Register visit mipremiersoftball.com or email mipremiersoftball@gmail.com

DEFENSIVE CAMP

This will follow the overhand throwing camps. This is 3 weeks of intensive defensive/agility training-this workshop will include infield/outfield and position specific training. The primary focus is proper footwork/glove work/angles to the ball in the air and on the ground. This will be fast paced. This camp is for the more advanced player who is in travel ball and wants to take their skills to the next level.

FOR GRADES: 7-12

DATE & TIMES: 11/11, 11/18 &11/25 From 11:30-1:00 p.m.

Location: 2sp Madison Heights at their NEW LOCATION on the west side of Stephenson Hwy

COST: \$150.00 TO REGISTER

To Register visit mipremiersoftball.com or email mipremiersoftball@gmail.com