



2012 WINTER BASEBALL CLINIC

"It's not always the fastest or strongest player, it's the ones that work the hardest and want it the most" - Chris Duellley, Owner

The Extreme Baseball 24-7 2012 Winter Baseball Clinic is going to be the best yet! Last year was a great success and with the return of last year's coaching staff as well as the addition of new coaches and programs, this year will even be better!

This program is everything you need to become a better baseball player, at any age or level. From Tee Ball level to top high school players, from youth leagues to select teams, this program will make you better and get you ready for the upcoming season. *ALL Head Instructors are former Professional Baseball players.*

CLINIC DETAILS

An eight-week program held every Sunday, from January 8th to March 11th* at the *Capital Clubhouse* in Waldorf, MD. This facility has proven to be the top in the Southern MD area with the largest floor space and all the amenities plus all the top coaches that return every year. Sessions start at 8:00 AM with the last session ending at 4:00 PM. Each session will run 50-55 minutes. Call us now so we may best accommodate your time request.

*The clinic will not be held on January 15th.

SPECIAL PROMOTIONS (limited time only)

- ☉ **Christmas Package: Grand Slam**~to be delivered right to your door in time for Christmas.
- ☉ Receive **1 FREE week** in March with either 8-week Home Run Package OR Christmas Package purchase.

Sibling and team discounts available.

HIT THE FIELD IN STRIDE THIS YEAR!

SESSION DETAILS

Pitching (Head Instructor-Coach Mark Calvert)

We work with every pitcher, new to experienced and all ages. We will teach proper mechanics - head to toe, focus, different pitches and control of the mound. Depending on your level of ability and experience, we offer basic pitching programs as well as advanced pitching programs.

Catching (Head Instructor-Coach George Baker)

Whether you are new to the position or need advanced work, we have the expertise to help you be more in charge on the field.

Hitting (Head Instructor-Coach Dallas)

Everybody wants to improve their hitting, no matter what level. We will work with your individual needs to help you get better and on base more often!

Infield / Outfield (Head Instructor-Coach Dallas/ High School Level-Coach Juan Johnson)

These sessions will make you better at fielding ground balls - backhand, forehand, pop flies, throwing, footwork, and position specific advanced skills and drills.

Speed & Agility (Head Instructor-Coach Mike Brooks)

L.E.A.D. Fitness & Extreme Baseball 24-7 team up to provide a workout second to none to make you quicker, faster and more agile than ever before. Be ready for this upcoming season!! **Open to all sports and athletes!!!**

Tee Ball

Ages 4-7, girls and boys, 4 weeks

EXTREME BASEBALL 24-7 NEWS!!!

Now Coming to Southern Maryland...

YEAR ROUND Indoor Facility

109 Post Office Road, Suite D | Waldorf, MD

Featuring First in Tri-State Area:

World's Best Pitching Simulator--ALLSTAR ACE® 5000

Proudly Brought to You by Extreme Baseball 24-7

**FOR OPEN HOUSE DATES & PACKAGE PRICING
VISIT WWW.EXTREMEBASEBALL247.COM!!!**



For More Information:
Go to **www.extremebaseball247.com**



for events, special promotions and team discounts,
online registration pricing and much more!!!

Call Chris Duellley: **301-399-9779**

clinics@extremebaseball247.com



TAKE IT TO THE NEXT LEVEL WITH EXTREME BASEBALL 24-7