

# Softball Clinics

## Softball Clinic (ages 8-10)\*

Designed to cover all aspects of the game including hitting, fielding, catching, pitching, base running and more.

**Thurs 4:30pm - 6pm**

Session 1, 10/13 - 11/10

Session 2, 11/17 - 12/22

## Advanced Softball Clinic (ages 11-14)\*

Advanced program - focus on 5 key areas: hitting for average, hitting for power, throwing speed, running speed, and fielding.

**Thurs 6pm - 7:30pm**

Session 1, 10/13 - 11/10

Session 2, 11/17 - 12/22

\$139 non-member / \$119 member

## ONE DAY CLINICS

Pitching & Hitting\* - learn the fundamentals of both pitching and hitting.

**Sunday, Sept 18, 3pm - 5pm**

### Hitting\*

**Sat, Oct 1, 12:30pm - 2:30pm** - Fastball Hitting

**Sat, Oct 29, 3pm - 5pm** - Hitting to the opposite field.

**Sat, Nov 12, 3pm - 5pm** - Hitting for power.

### Pitching\*

**Sunday, Nov 13, 3pm - 5pm** - Increasing velocity.

### Fielding\*

**Sunday, Oct 2, 3pm - 5pm** - The key to winning Championships - DEFENSE.

\*\$25 non-member; \$20 member

## Columbus Day Afternoon Clinics - Boys & Girls

**October 10, 2011 (Ages 5-7) & (Ages 8-12)**

**Monday, Oct 10, 12:30pm - 3:30pm**

Attendees will need snacks and water for this 1/2 day clinic.

\$30 non-member; \$25 member

# Fall Leagues

## Outdoor Fall Ball League (ages 9-12)

During the course of six weeks, there will be 60 minutes of instruction and drills, followed by a 90 minute game.

**Sat 9am - 12pm**

**Sept 17, 24; Oct 1, 8, 15, 22**

Held at Williams Street Fields, Marlborough

\$139 non-member; \$119 member

## Boost Baseball Indoor Hitting League

Boost Indoor Hitting Leagues consist of teams of 4 players that compete against each other to score as many points as possible in 5 inning games. The team with the highest point total at the end of 5 innings is the winner. Our leagues are a great way to have fun and practice hitting. Each season lasts about 8 weeks, which consists of a regular season followed by a league tournament for qualifying teams. Each game will last approximately 60 minutes.

**Tuesdays and Fridays 6:30pm - 8:30pm**

**11/1 - 12/23**

Team Price: \$349

Individual Price: \$99\*

\*Members receive 20% off Individual Fee

## Kick Ball League (ages 6-8) - a great chance

for kids to partake in physical activity, make new friends and learn similar rules and fundamentals of baseball/softball.

**Thurs 3:30pm - 4:30pm**

Session 1, 10/6 - 11/3

Session 2, 11/10 - 12/15

\$15/child; \$10 each additional child

## Dodge Ball (ages 7-12) - a fun outlet for your

kids, while parents go out to dinner, a movie or grab a workout.

Reserve your spot today; limited registrations.

**Fri 6:30pm - 9pm**

Sept 23 - Dec 30

\$15/child; \$10 each additional child



# Fall 2011 Schedule

## Tunnel Rentals

30 Minute Tunnel Rental - \$20

60 Minute Tunnel Rental - \$35

## Team Rentals

Two Tunnels (60 minutes) - \$80

Three Tunnels (60 minutes) - \$120

*\*Ask about our Team All Star Program*

## Private Lessons

30 Minute, Non-member - \$40

30 Minute, Member - \$30

60 Minute, Non-member - \$60

60 Minute, Member - \$50

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**www.boostbaseball.com**

# Baseball Programs

## Little Sluggers (ages 3-5)

An activity class - T-Ball, kick ball, tag games, etc.

Sat 8am - 8:45am

Session 1, 10/1 - 10/29

Session 2, 11/5 - 12/3

**\$79 non-member / \$49 member**

## Rookie Class (ages 6-8)

Introduce new players to the game, focusing on basic fundamentals. **\$79 non-member / \$49 member**

**Tues 4:30pm - 5:30pm**

Session 1, 9/13 - 10/11

Session 2, 10/18 - 11/15

Session 3, 11/22 - 12/20

**Sat 10:30am - 11:30am**

Session 1, 9/17 - 10/15

Session 2, 10/22 - 11/19

Session 3, 11/26 - 12/24

## All Star Baseball Academy (ages 9-12)

Advanced program - focus on 5 key areas: hitting for average, hitting for power, throwing speed, running speed, and fielding.

**Mon 5:30pm - 7pm**

Session 1, 9/19 - 10/17

Session 2, 10/24 - 11/21

Session 3, 11/28 - 12/26

**Sat 9:00am - 10:30am**

Session 1, 9/24 - 10/22

Session 2, 10/29 - 11/26

Session 3, 12/3 - 12/31

## Little League (ages 9-12)

Designed to cover all aspects of the game including hitting, fielding, catching, pitching, base running and more.

**Tues 5:30pm - 6:30pm**

Session 1, 9/13 - 10/11

Session 2, 10/18 - 11/15

Session 3, 11/22 - 12/20

## Freshman - Varsity (ages 13-over)

Designed for those athletes looking to continue their baseball career past little league. Instructors will work with players to help transition them from the small diamond to the regulation field.

**Tues 6:30pm - 7:30pm**

Session 1, 9/13 - 10/11

Session 2, 10/18 - 11/15

Session 3, 11/22 - 12/20

All 90-minute clinics \$139 non-member / \$119 member

# Pitching Clinics

## BASEBALL

## SOFTBALL

### Pitching Clinic, Introduction

**Wed 6pm - 7pm**

Session 1, 9/14 - 10/12

Session 2, 10/19 - 11/16

Session 3, 11/30 - 12/28

**Mon 6pm - 7pm**

Session 1, 9/12 - 10/10

Session 2, 10/17 - 11/14

Session 3, 11/28 - 12/26

### Pitching Clinic, Advanced

**Wed 7pm - 8pm**

Session 1, 9/14 - 10/12

Session 2, 10/19 - 11/16

Session 3, 11/30 - 12/28

**Mon 7pm - 8pm**

Session 1, 9/12 - 10/10

Session 2, 10/17 - 11/14

Session 3, 11/28 - 12/26

### Pitching Clinic, High School

**Wed 8pm - 9pm**

Session 1, 9/14 - 10/12

Session 2, 10/19 - 11/16

Session 3, 11/30 - 12/28

**Mon 8pm - 9pm**

Session 1, 9/12 - 10/10

Session 2, 10/17 - 11/14

Session 3, 11/28 - 12/26

# Hitting Clinics

## BASEBALL

## SOFTBALL

**Thurs 7pm - 8pm**

Session 1, 9/15 - 10/13

**Thurs 6pm - 7pm**

Session 2, 10/20 - 11/17

**Thurs 6pm - 7pm**

Session 1, 9/15 - 10/13

**Thurs 7pm - 8pm**

Session 2, 10/20 - 11/17

60 minute specialty clinics \$119 non-member / \$99 member

# Youth Conditioning

## Discover, Youth Conditioning (ages 6-8)

While having fun, young athletes are introduced to important athletic exploratory exercises and games. Games such as variations of tag, T-ball, and kickball are popular among this age group and serve well in accomplishing these goals.

**Tues 3:30pm - 4:15pm - \$49**

Session 1, 9/27 - 10/25

Session 2, 11/1 - 11/29

## Transform, Youth Conditioning (ages 9-13)\*

Designed to increase fitness level and introduce safe strengthening program. Concepts such as core and joint stability, coordination, hand/eye coordination, strength, power, stamina are introduced and developed. Speed work, agility drills, and functional movements will benefit all athletic endeavors regardless of chosen sport at the time.

**Monday, Wednesday, Friday @ 3:30PM\***

## Specialize, Youth Conditioning (ages 14-over)\*

Designed to build upon the foundation of speed, quickness, agility, flexibility, body strength and coordination; incorporates aspects such as core training, plyometric and reactive training, strength and power utilizing sport specific weight lifting techniques, medicine balls, etc. The intent is to maximize potential – preparing for the rigors of the season, enhance sports performance, while increasing resistance to injury.

**Monday, Wednesday, Friday @ 4:30PM\***

\*Flexible punch pass available for purchase—\$99