



# 2012 Spring Training Camp

Sundays, March 11th - April 1st @ Diamond Kings Complex, St. John, IN

- \*Our **4-Week Program** will guide each player through professional hitting and pitching techniques needed to achieve success on the field in 2012.
- \*Over **20 Drills and Techniques** will be covered by our professional staff that players can use throughout the upcoming season.
- \*All Sessions will have **no more than a 5:1** player to instructor ratio

**Hitting Sessions will include instruction on the topics of:** Balance, Hand Grip, Lower Body Power, Hand/Eye Coordination, Tracking, Timing, Hitting Inside and Outside Pitches, Mental Preparation, and Bunting.

**Pitching Sessions will include instruction on the topics of:** Grip, Balance, Arm Slot, Lower Body, Release, Proper Finish, Ball Control, Mental Preparation, and Arm Care.

## Available Camps:

- + K-3rd Grade Hitting Session: 1:00pm-2:15pm (20 spots open)
- + K-3rd Grade Pitching/Throwing Mechanics: 2:30pm-3:30pm (10 spots open)
- + 4th-6th Grade Pitching Session: 2:30pm-3:30pm (10 spots open)
- + 4th-6th Grade Hitting Session: 3:45pm-5:00pm (20 spots open)
- + 7th-10th Grade Hitting Session: 3:45pm-5:00pm (20 spots open)
- + 7th-10th Grade Pitching Session: 2:30pm-3:30pm (10 spots open)

**Register Online at [www.TrainDK.com](http://www.TrainDK.com) or Call 219-558-2273**  
**\$125/session or \$225 for both hitting and pitching (save \$25)**  
**DEADLINE TO REGISTER: MARCH 5TH**