

O'FALLON PANTHER BASEBALL

Hitting Lessons

Each lesson will focus on a different fundamental aspect of the hitting game. Athletes receive hitting instruction on the proper swing mechanics and strategy associated with the offensive side of baseball. Lessons are scheduled specifically with an O'Fallon Township High School baseball coach at a convenient time. Athletes will be grouped individually or in pairs to maximize instruction that best fits the needs of the student.

Armed with a positive attitude and a sincere desire to help kids, our instructors strive for significant growth and progress. Please complete and return the registration form on the backside to enroll for your lesson. You will be contacted to coordinate a lesson time that fits your needs.

For information Contact: **Jason Portz, OTHS Head Baseball Coach**

- (618)972-8682
- E-mail: portzj@oths.k12.il.us

Features:

Together we'll focus on developing and improving several key factors of hitting performance:

- *Understanding proper preparation (bat size, warm up procedures, etc.)*
- *Learning proper swing mechanics (stance, stride, in-ward turn, separation, etc)*
- *Offensive Execution and Hitting to All Fields*
- *Pitch Recognition and Understanding Hitting Counts*
- *Development of Offensive Skills (bunting, hit-n-run, 2 strike hitting)*
- *Development of Offensive Hitting Approach/Pitch Selection*
- *Development of skills to hit with power and explosiveness*
- *Beneficial strength and conditioning regimens for hitters*

Benefits:

- *Personalized instruction allows for questions, specific requests and tailored lesson plans*
- *Parents are encouraged to be involved: learn and understand!*
- *Proper mechanics and repetition is one of the keys to getting to the "next level". Whether it's from little league to the majors in little league or from youth baseball to high school ball.*
- *Our hitting coaches are experts in teaching proper techniques. Our methodology helps the student understand what proper mechanics and consistent repetition can do for his success.*
- *This approach will help the hitter avoid creating bad habits and improve overall hitting performance, giving the student control, consistency and confidence.*

Individual Lesson Packages

Age Group	Lesson Length	Lesson Rate	4 Lessons	8 Lessons
7-9	30	\$25.00	\$100.00	\$180.00
10-Up	45	\$35.00	\$140.00	\$260.00

Group Lesson Packages (4 Participants)

Age Group	Lesson Length	Lesson Rate	4 Lessons	8 Lessons
7-9	30	\$10.00	\$160.00	\$280.00
10- 8 th Grade <small>(Groups of 4 cannot be done with HS Players)</small>	45	\$15.00	\$240.00	\$440.00

*** Group instruction must be registered as 4 participants at a time. This is not done by the instructors. Please register 4 participants at one time. The rate for the group lessons is the cost for the entire group for example a 4 lesson group rate = 240.00 Total (\$60.00 per player)**

O'FALLON PANTHER BASEBALL
Hitting Lesson
Registration Form

Name: _____ Parents Name: _____

Address: _____

Phone Number: _____ Emergency Number: _____

E-Mail: _____

Age: _____

Package

_____ 4 Lessons

_____ 4 Group Lessons

_____ 8 Lessons

_____ 8 Group Lessons

Best Available Time: (please rank 1(best) – 4 (worst), or Mark N/A if you are not available at that time)

_____ Mon. @ 2:45 pm

_____ Tues. @ 2:45 pm

_____ Wed @ 2:45 pm

_____ Thurs. @ 2:45 pm

_____ Mon. @ 3:45 pm

_____ Tues. @ 3:30 pm

_____ Wed @ 3:45 pm

_____ Thurs. @ 3:30 pm

_____ Mon. @ 4:15 pm

_____ Tues. @ 4:15 pm

_____ Wed @ 4:15 pm

_____ Thurs. @ 4:15 pm

_____ Mon. @ 5:00 pm

_____ Tues. @ 5:00 pm

_____ Wed @ 5:00 pm

_____ Thurs. @ 5:00 pm

_____ Mon. @ 6:00 pm

_____ Wed @ 6:00 pm

_____ Mon. @ 7:00 pm

_____ Wed @ 7:00 pm

_____ Mon. @ 8:00 pm

_____ Wed @ 8:00 pm

_____ Saturdays (8, 9, 10, or 11am)

_____ OTHER (please comment below on what time would be best for you if none of the above apply)

*** The above dates are not the only options. A schedule can be developed to fit your individual needs. For example if the student can only attend 1 day a week or needs a different combination of days, it can be worked out to fit your needs.**

Please Complete and Return Form to:

Jason Portz, Head Baseball Coach

O'Fallon Township High School

600 S. Smiley St.

O'Fallon, IL 62269

Or Return Response via e-mail at portzj@oths.k12.il.us

For Additional information or Questions Contact:

- Jason Portz, OTHS Head Baseball Coach

- (618)972-8682
- E-mail: portzj@oths.k12.il.us

Payment: DO NOT SEND PAYMENT WITH REGISTRATION. Payment will be handled after your lesson dates and times have been set with your individual instructor.