

# MODIFIED & HS SOFTBALL

## DIAMOND PROGRAM

### 12-WEEK DIAMOND TRAINING PROGRAM

- MODIFIED (GRADES 7-9) & HS (GRADES 10-12) PROGRAMS
- 60 MINUTE SESSIONS FOR WEEKS 1-6, 90 MINUTE SESSIONS FOR WEEKS 7-12
- FIRST 6 WEEKS WILL BE INSTRUCTION
  - HITTERS WILL WORK ON THE MECHANICS OF THEIR SWING, LEARN ABOUT SITUATIONAL HITTING AND UTILIZE VARIOUS HITTING DRILLS
- LAST 6 WEEKS WILL BE LIVE GAME ACTION WHERE OUR HITTERS WILL FACE LIVE PITCHING IN A GAME LIKE ATMOSPHERE

EACH SESSION IS LIMITED TO 12 PLAYERS. THE COST OF THE DIAMOND PROGRAM IS \$300 PER PLAYER. A DEPOSIT OF \$100 IS DUE BY 11/12/23 TO SECURE A SPOT. REMAINDER OF PAYMENT IS DUE THE FIRST WEEK.

HIGH SCHOOL - SUNDAY 8-9AM (8-9:30AM WEEKS 7-12)

MODIFIED - SUNDAY 9-10AM (9:30-11AM WEEKS 7-12)

PROGRAM RUNS 12/17/23 TO 3/3/24 (PROGRAM WILL RUN ON SATURDAY 12/23 AND 12/30 IN OBSERVANCE OF CHRISTMAS EVE & NEW YEARS EVE)

NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PLEASE MAKE CHECKS PAYABLE TO **CAGE HEAT** OR PAY VIA VENMO TO **@AMES21**



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