



Winter Baseball Instruction

Ages 8-18 (players will be grouped by age and ability levels)

Please join us for off-season work. Whether you want to learn the game or elevate your game, players will get the reps they need from experienced instructors.

Get quality coaching from experienced instructors. The small group instruction will focus on pitching/throwing mechanics, fielding techniques, hitting fundamentals, catching, base running and game situations. Prepare now for your upcoming tryouts. Includes T-shirt.

Hitting

Instructors will break down the swing with T-work, short toss, as well as live and situational hitting.

Pitching

Players will learn proper mechanics, how to improve arm strength, arm care, age appropriate pitches and finger grips, situational pitching, and fielding their position.

Fielding

Players will learn proper fielding mechanics, footwork, positions 3-9, and situational fielding.

The Three Sunday sessions will either be held in the RCTC Fieldhouse (FH) or DOME.

Session One

November 13th, 6:30-8pm in FH
November 20th, 6:30-8pm in DOME
November 27th, 6:30-8pm in DOME
December 4th, 5:30-7pm in FH
December 11th, 6:30-8pm in DOME
December 18th, 6:30-8pm in DOME

Session Two

January 8th, 6-7:30pm in FH
January 15th, 6-7:30pm in FH
January 29th, 6-7:30pm in FH
February 5th, 1-2:30pm in DOME
February 12th, 4-5:30pm in FH
February 19th, 6-7:30pm in FH

Session Three

January 8th, 7:30-9pm in FH
January 15th, 7:30-9pm in FH
January 29th, 7:30-9pm in FH
February 5th, 2:30-4pm in DOME
February 12th, 5:30-7pm in FH
February 19th, 7:30-9pm in FH

Each session is \$165 - Register at www.ohmsportsacademy.com

Owner: Joe Ohm - Joe is an area graduate and was a member of UW-La Crosse Baseball team. He was a pitcher and played professional baseball in the Chicago Cubs organization. He currently teaches and coaches in Rochester. Instructors will be former collegiate level baseball players and/or high school level coaches (coach bios available online). Class size is limited. Call, email or visit our website to register. Once payment is received, a confirmation will be sent.

Cancellation Policy: *Please let me know as soon as possible if you need to cancel. Cancellations with in 24 hours are non-refundable.*

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