

## **Juan Thomas Hitting Instruction**

The HBA, along with Juan Thomas, is offering individual hitting programs for our members with all lessons taking place at the HBA Hitting Facility (The Musty). These programs will be tailored and include a base video analysis that will help in building a hierarchy of needs. These needs will be outlined and worked on during your individual lessons.

### **Foundation Program**

This seven (7) session program will be tailored to meet individual needs through one on one sessions. No less than one lesson per 7 days may be recommended.

Seven (7) Training Sessions- 5 Contact Hours

- Sessions 1-3
  - Three, one-hour individual sessions
- Sessions 4-7
  - Four, half-hour, individual lessons.



This is a great program for our 9U through 13U players who are looking to build a foundation and further enhance skills through repetition and guidance.

Cost - \$240.00

### **Maintenance Program**

This program is for those that have completed the Foundation Program, or, have completed a previous lesson-based on-ramping with Coach Thomas. This “punch pass” includes 5, half-hour sessions per card.

Cost - \$115

### **Foundation Plus Package**

Eight (8) Sessions – 8 Contact Hours

This package includes eight, one hour individual sessions, scheduled over a time frame that is beneficial to the player and family.

Cost - \$360

Please call or email Juan with questions!

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