

# Kelly's Cages

## 4 Week Group Hitting Program

### Flexible Instruction: Catching, Hitting, and Pitching

INSTRUCTOR: Beau Fandel

#### Hitting Philosophy

Help each individual establish their own comfortable mechanics that will promote and produce a consistent swing plane with explosive bat speed. Introducing young players to the mental keys of hitting: creating a routine, having a plan, being confident!

#### 4 Week Hitting Player Registration (**Deadline Sunday Nov. 25<sup>th</sup>**)

- Four 55 minute sessions
- 4 Players per group
- Sign up as a group of 4, or individual sign ups will be placed in groups to form a 4 person group
- Those who register may list their preferred times
- Final group formation will be based upon age level, date of registration, and number of players to sign up together (**Groups will be finalized and players will be notified on Monday Nov. 26<sup>th</sup>**)

#### Location, Training Dates, and Times

- Kelly's Cages: 10100 170<sup>th</sup> St. N, Hugo, MN
- Wednesdays (11/28, 12/5, 12/12, 12/19) \*Contact me for scheduling Flexible Instruction dates
- Time Options (4:00-4:55), (5:00-5:55), (6:00-6:55), (7:00-7:55), (8:00-8:55)

#### Training Costs

- \$80 per player (4 week group hitting) \*Due at first session
- Flexible Instruction per Session
  - 1 on 1 \$40
  - 2 on 1 \$30 per Player
  - 3 on 1 \$25 per Player
  - 4 on 1 \$20 per Player

#### About Me

I am a lifelong Forest Lake resident who grew up playing youth baseball through FLBA. I later played 4 seasons of varsity baseball and participated in 3 state tournaments with the Forest Lake Rangers. Upon my graduation in 2013 I was selected for the MSHSL all state tournament team, All State team, and a finalist for Mr. Baseball Minnesota. After graduation I accepted a Division I scholarship to play catcher and infield for the University of Nebraska. I am currently a strength trainer at Tier 1 Performance, a baseball specific strength training facility. I am passionate about giving young men the skills they seek and need to chase their dreams.

### **Register Today**

Simply email me at [beaufandel@gmail.com](mailto:beaufandel@gmail.com) to register

**Include:** Player's name, age, Parent's contact information, and preferred time

Feel free to call or text me with any questions at 612-747-6086