

Stanford Baseball's **Wednesday Night Workouts**

Stanford Baseball is excited to invite you to our new **Wednesday Night Workouts**. These weekly clinics will be run by current members of the Stanford Baseball Coaching Staff with the help of Stanford Baseball Players. These clinics are open to any and all POSITION players, only limited by age (10-13 and 14-17 years old) and total number of players welcome (40 players Max).

Wednesday Night Workouts will split players up into two groups 10-13 year olds and 14-17 year olds. The entire night is broken up into two 1 hour segments. The first hour will be with our Strength and Conditioning Coach along with Stanford Baseball Coaches training explosive movements, speed, and agility specific to baseball. Each strength and conditioning segment will end with the practicing of baseball specific drills, while applying newly learned speed and explosive movements to the drills. The second segment of the night will be 1 hour of hitting and offensive drills with an emphasis on explosiveness, strength, and balance.

The entire night is designed to promote athleticism in our players using the same techniques and drills the Stanford Baseball program practices. It is a great opportunity to incorporate proper body function into baseball skill.

Registration for our Camps and Clinics: stanfordbaseballcamp.com

Cost: \$40 per Segment
\$65 if you purchase both Segments

Add-Ons: Short Video Evaluation of Swing (\$20 per Evaluation)

Ages: 10-12 and 14-17

Time: 6:30-7:30 Baseball Specific Speed, Agility and Explosive Training
7:30-8:30 Extra Hacks

Location: Sunken Diamond Indoor Hitting Facility

Equipment needed: Proper Athletic Attire, Athletic Shoes, Misc. Hitting Equipment

Dates: October 2, 9, 16, 23, 30
November 6, 13, 20
December 4, 11
January 8, 15, 22, 29
February 5