



Each Group Lesson meets for an hour, once a week for a month.  
Only 4 players in a class. Get your training for as low as \$20/hour!

# GROUP LESSONS

## GROUP LESSON RATES

MEMBER RATES		NON-MEMBER RATES	
ONE CLASS	\$100 (\$25 Per Hour)	ONE CLASS	\$125 (\$31.25 Per Hour)
TWO CLASSES	\$80 (\$20 Per Hour)	TWO CLASSES	\$105 (\$26.25 Per Hour)
THREE OR MORE	\$80 (\$20 Per Hour)	THREE OR MORE	\$85 (\$21.25 Per Hour)

Instructor Jerry McKay				<b>ALL SKILLS</b>	
<b>ALL SKILLS</b>	Choose Any Month <input type="checkbox"/> October <input type="checkbox"/> November <input type="checkbox"/> December <input type="checkbox"/> January <input type="checkbox"/> February <input type="checkbox"/> March	<input type="checkbox"/> Saturday	<input type="checkbox"/> 11AM Mack's Mites (Ages 5-7)	<input type="checkbox"/> 12PM All Skills (Ages 7-9)	<input type="checkbox"/> 1PM All Skills (Ages 10-12)
		<input type="checkbox"/> Monday	<input type="checkbox"/> 4PM Mack's Mites (Ages 5-7)	<input type="checkbox"/> 5PM All Skills (Ages 7-9)	
		<input type="checkbox"/> Tuesday	<input type="checkbox"/> 4PM Mack's Mites (Ages 5-7)	<input type="checkbox"/> 5PM All Skills (Ages 7-9)	<input type="checkbox"/> 6PM All Skills (Ages 10-12)

**Mack's Mites/All Skills** - Covers fundamental aspects of all skills required to play the game. The class will cover but will not be limited to throwing, hitting, defensive play, and base running.

Instructors Joe Siwa & Ryan Coppi				<b>CATCHING</b>	
<b>CATCHING</b>	Choose Any Month <input type="checkbox"/> October <input type="checkbox"/> November <input type="checkbox"/> December <input type="checkbox"/> January <input type="checkbox"/> February <input type="checkbox"/> March	<input type="checkbox"/> Sunday	<input type="checkbox"/> 1PM Catching (Ages 15-18)		
		<input type="checkbox"/> Monday	<input type="checkbox"/> 6PM Catching (Ages 13-14)	<input type="checkbox"/> 7PM Catching (Ages 10-12)	
		<input type="checkbox"/> Tuesday	<input type="checkbox"/> 6PM Catching (Ages 13-15)	<input type="checkbox"/> 7PM Catching (Ages 16-18)	

**Catching** - Covers the basic fundamentals through advanced techniques of the catcher's position. Covers basics in footwork, throwing, blocking, and framing. Teaches the mental aspects of catching as well as how to work well with pitchers.

Instructor Ken Cvejdlík				<b>PITCHING</b>	
<b>PITCHING</b>	Choose Any Month <input type="checkbox"/> October <input type="checkbox"/> November <input type="checkbox"/> December <input type="checkbox"/> January <input type="checkbox"/> February <input type="checkbox"/> March	<input type="checkbox"/> Saturday	<input type="checkbox"/> 11AM Pitching (Ages 7-9)	<input type="checkbox"/> 12PM Pitching (Ages 10-12)	<input type="checkbox"/> 1PM Pitching (Ages 13-14)

**Pitching** - This class will cover all fundamental mechanics of throwing and pitching. Players will learn proper mechanics of the fastball and change up as well as the wind up and stretch delivery.

**(SEE REVERSE SIDE FOR ADDITIONAL CLASSES AND REGISTRATION)**



# GROUP LESSONS

**Strike Zone**  
 2900 South  
 110th  
 Omaha, NE  
 68144  
 (402) 398-1238  
 www.strikezoneomaha.com

		Instructor Sean Lynn <b>PITCHING/ARM STRENGTH</b>		
<b>PITCHING &amp; ARM STRENGTH</b>	Choose Any Month	<input type="checkbox"/> Saturday	<input type="checkbox"/> 11AM Core/Cuff Strength (Ages 13-15)	<input type="checkbox"/> 12 PM Core/Cuff Strength (Ages 16-18)
	<input type="checkbox"/> October	<input type="checkbox"/> Sunday	<input type="checkbox"/> 1PM Power Drive Pitching (Ages 15-18)	<input type="checkbox"/> 2PM Core/Cuff Strength (Ages 15-18)
	<input type="checkbox"/> November	<input type="checkbox"/> Monday	<input type="checkbox"/> 4PM Pitching (Ages 7-9)	<input type="checkbox"/> 5PM Pitching (Ages 10-12)
	<input type="checkbox"/> December	<input type="checkbox"/> Tuesday	<input type="checkbox"/> 6PM Power Drive Pitching (Ages 13-15)	<input type="checkbox"/> 7PM Power Drive Pitching (Ages 16-18)
	<input type="checkbox"/> January			
	<input type="checkbox"/> February			
	<input type="checkbox"/> March			

**Core/Cuff Strength** - This class will focus on building the necessary strength to add velocity to your throws. This is a non-position specific class and is open to both baseball and softball players at any position. It is highly recommended that this class is taken along with Power Drive Pitching class to see maximum results for pitchers.

**Power Drive Pitching** - The focus of this class is building sound mechanics through the use of the Pitcher's Power Drive training system. The target area will be core and lower half mechanics. Developing these mechanics will allow you to throw with more velocity, consistency, and with a lower risk of injury.

		Instructor Josh Valenti, Trevor Cissell, & Ryan Coppi		<b>HITTING</b>
<b>HITTING</b>	Choose Any Month	<input type="checkbox"/> Saturday	<input type="checkbox"/> 11AM Hitting (Ages 16-18) - Valenti	<input type="checkbox"/> 12 PM Hitting (Ages 13-15) - Valenti
	<input type="checkbox"/> October	<input type="checkbox"/> Sunday	<input type="checkbox"/> 2PM Ballistic Hitting (Ages 15-18) - Cissell	
	<input type="checkbox"/> November	<input type="checkbox"/> Monday	<input type="checkbox"/> 6PM Hitting (Ages 10-12) - Coppi	<input type="checkbox"/> 7PM Hitting (Ages 13-14) - Coppi
	<input type="checkbox"/> December	<input type="checkbox"/> Tuesday	<input type="checkbox"/> 6PM Ballistic Hitting (Ages 16-18) - Cissell	<input type="checkbox"/> 7PM Ballistic Hitting (Ages 13-15) - Cissell
	<input type="checkbox"/> January			
	<input type="checkbox"/> February			
	<input type="checkbox"/> March			

**Hitting** - This class will cover the mechanics of the swing. Players will learn proper technique in order to develop consistency in both contact and power.

**Ballistic Hitting** - You get stronger by lifting weights. Get your swing stronger by swinging weighted bats and hitting weighted balls. Develop a faster, more powerful swing allowing you to hit with your full potential.

### Registration

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
 E-Mail: \_\_\_\_\_  
 Telephone: \_\_\_\_\_ Cell#: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Release Signature: \_\_\_\_\_

### GROUP/TEAM SIGN UP ONLY \$80 PER PLAYER

Name 1: \_\_\_\_\_  
 Name 2: \_\_\_\_\_  
 Name 3: \_\_\_\_\_  
 Name 4: \_\_\_\_\_

(All payments must be made at same time for special rate)

### PAYMENT METHOD

Cash Check Visa MC Disc AMEX Amount Enclosed: \$ \_\_\_\_\_

Card No \_\_\_\_\_

Exp Date \_\_\_\_\_

3 digit V-Code \_\_\_\_\_

