



# Hitting Clinics



for Brunswick Jr. High School Students

**Who:** 7<sup>th</sup> and 8<sup>th</sup> graders

- Limit of 15 players (must have a valid athletic permission form on file with BJHS)
- To reserve your son's spot, email Mrs. Sharpe  
[ssharpe@brunswick.k12.me.us](mailto:ssharpe@brunswick.k12.me.us)

**What –** Hitting instruction with Luke Potter (BHS Baseball Coach)

**Where:** BJHS Gymnasium

(where we will utilize a brand new batting cage and training equipment)

**Time:** 3-4:30 (Students can change in the locker room)

**Dates:** Tuesday and Thursday March 1, 3, 8, 10, 15, 17

**What to Wear:** shorts, t-shirt, sneakers, bring your bat if you have one, bring your glove

**Emphasis on-**

**Balance and Body Control**

**The Fundamentals of Hitting**

**What is a successful at bat?**

**Repetition**

**Hit - Hit - Hit** is our new motto.

*In order to be more competitive, the BJHS boys need to get more reps in, work on the fundamentals, and change their mindset.*

*A donation of \$20 to Brunswick High School Baseball covers the six sessions.*