

Off-Season Baseball Clinics

Weekly Clinic Series 2011-2012



w/ *Former Major Leaguer Brad Woodall*

We are excited to start our off-season training series of **Hitting, Pitching/Throwing Clinics**, and our popular **SSS Skills, Strength, and Speed Program**. Each of these 3 options (Hitting, Pitching, SSS) are 6-Week Sessions of one-hour per week instruction and baseball specific workouts designed for maximum improvement during the off-season. Register for Hitting, Pitching, SSS Program, or the complete package of all 3 clinics per weekend!!!

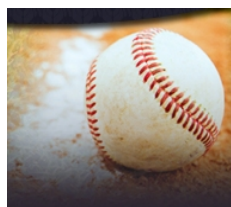
Clinics are limited to small groups so each player will get specific individual instruction throughout the clinics to help improve their mechanics and know how to make corrections outside of the clinic setting.

HITTING, PITCHING/THROWING CLINICS

Our Hitting, Pitching & Throwing Clinics are structured workouts with a specific fundamental covered each week. The instruction and structure of the clinics are designed to develop correct mechanics as well as a solid mental approach to practice and games.

Brad will use his experience with the some best players and coaches in baseball to train each player in a way that will get the most out of potential and increase performance on the field. Each clinic will focus on the mental aspect of baseball, work ethic, and practice strategies to improve performance in the 2012 season.

Brad utilizes a unique instructional approach which includes using real examples of major league players, and motivating young players to practice and play better. He uses motivation, inspiration, and a positive teaching approach to get the most out of every participant.



SSS SKILLS STRENGTH AND SPEED PROGRAM

Increased functional strength and speed in baseball can improve every aspect of your game, including pitching velocity, bat speed (power), quickness and running speed. This program will introduce baseball specific strength and conditioning drills and exercises to provide the core strength, balance, and additional quickness to take your game to the next level. Join a group of players this Fall to join Brad in these weekly Skills and Conditioning workouts. Each week will provide a combination of fundamental skill work with strength, balance, and speed training. Each participant will also receive a home workout to be completed twice during each week of the program. This program is for both beginners to sports performance strength and conditioning and those looking for an additional edge in their workouts during the off-season.

Our off-season clinic program is a perfect balance of repetition, drills, technique, and the mental approach for success on and off the field. Our skills clinics (Hitting & Pitching) combined with the SSS Skills, Strength & Speed Series is a complete off-season baseball training program for players who want to improve their baseball skills.

BRAD WOODALL



- Five-year Major League Player
 - World Series Champion Atlanta Braves '94-'96
 - Milwaukee Brewers 1998
 - Chicago Cubs 1999
- Two-year professional coach
 - Tampa Bay Rays Minor League Pitching Coach
- Author of *A Parents Guide to Pitching*
- TV Baseball Analyst & Radio Personality

WOODALL TRAINING BASEBALL ACADEMY

- Individual Instruction
- Camps & Clinics
- Team & Coaches Clinics
 - Video Analysis
- Baseball Strength & Conditioning

Clinic Sessions & Details

SESSION III: December 17- February 5					
Waun. Pitching	Sun	12/ 18, 1/ 8, 1/15, 1/22, 1/29, 2/5	11am & 2pm	Waunakee Village Center	
Waun. Hitting	Sun	12/ 18, 1/ 8, 1/15, 1/22, 1/29, 2/5	12pm & 1pm		
SSS Program	Sat	12/ 17, 1/ 7, 1/14, 1/21, 1/28, 2/4	4:00-5:00pm		
Middleton Hitting	Sat	12/ 17, 1/ 7, 1/14, 1/21, 1/28, 2/4	9:30am/12:30pm	3040 Laura Lane, Middleton	
Middleton Pitching	Sat	12/ 17, 1/ 7, 1/14, 1/21, 1/28, 2/4	10:30am/11:30am		
SESSION IV: February 11- March 18					
Waun. Pitching	Sun	2/12, 2/19, 2/26, 3/4, 3/11, 3/18	11am & 2pm	Waunakee Village Center	
Waun. Hitting	Sun	2/12, 2/19, 2/26, 3/4, 3/11, 3/18	12pm & 1pm		
SSS Program	Sat	2/11, 2/18, 2/25, 3/3, 3/10, 3/17	4:00-5:00pm		
Middleton Pitching	Sat	2/11, 2/18, 2/25, 3/3, 3/10, 3/17	9:30am/12:30pm	3040 Laura Lane, Middleton	
Middleton Hitting	Sat	2/11, 2/18, 2/25, 3/3, 3/10, 3/17	10:30am/11:30am		

Clinics Pricing (per Session):

- Hitting/Pitching/SSS (18 clinics)-
 - Waunaukee. -\$299 Middleton- \$350
- 12-Clinic Package (any 12 clinics):
 - Waunaukee. -\$245 Middleton- \$299
- 6-Clinic Package (any 6 clinics):
 - Waunaukee. -\$150 Middleton- \$195
- SSS Program (6-Classes): \$99
- Clinics Drop In: \$30 per clinic or hour
- SSS Drop In: \$20 per week

*** Packages only for 1 session and may not be transferred to other sessions

Information: www.woodalltraining.com

Questions: brad@woodalltraining.com