

Lil' Sluggers

Beginning Baseball Workout

Lil' Sluggers involves training from current professional baseball players covering:

Hitting

**Throwing &
Catching**

Fielding

Athletes ages 4-7 - A four-week training program involving beginning baseball fundamentals in throwing, catching, hitting and fielding. Build good throwing and hitting habits early and avoid injury with professional instruction for beginning baseball players. Introductory coaching on all baseball skills including fun drills and games. Learn baseball in a fun, challenging and positive environment!

Wes McCollum - Lead instructor for Lifeletics Skill Clinics, Summer/Winter Camps and full-time trainer. Coach McCollum leads with a firm, friendly and positive attitude.

Brandon Cox - A Lifeletics veteran instructor of 6 years, Coach Cox works with hitters and catchers inside Lifeletics. He excels with beginning athletes through patience and consistent guidance.

Mike Brinkman - As Manager of the LTF, Coach Mike oversees all skill clinics. Active coaching includes: Angels RBI Clinic, Summer Camps, Winter Camps, Beginning Baseball, and Hitting Skills Clinics.

Lil' Sluggers™

Space is limited, please call or visit:

www.lifeletics.com



Lifeletics
SPORTS INSTRUCTION

714-843-1989
16702 Burke Ln
HB CA 92647

Register online at www.lifeletics.com

"Lil Sluggers" Beginning Baseball

DATES: Mondays, 2/13 - 3/5

TIME: 3:30-4:45pm AGES: 5 - 8

COST: \$99 (4-workouts)

LOCATION: Lifeletics Training Facility