



Train like the pros!

RBI LLC

All Star Baseball Academy



# Hitting Mechanics

## Dates & Times:

To Be  
Determined

1 ½ Hours Long

Limited to 6 players

## Instructor:

### **Mitch Knox**

Concordia College coach  
Best known for his incredible  
power at University of Kentucky

## Fees:

Price includes filming  
& DVD copy of your filming

Members: \$50

Non members: \$60



## Description

We begin the session by filming your swing from multiple angles and then evaluating it with you. Our instructor will discuss and assess your grip, stance, swing and follow through. We will work with you to develop a consistent swing pattern and leave you with a plan to help you improve yourself. The instructors will work one on one with you on drills to ensure you are executing them properly. The materials provided in this session will be a packet describing the drills as well as a DVD copy of your filming. Bring your gear and get ready to see yourself in action! You will be amazed at what you see from our sessions.

*Check our website for the most current  
information, dates, times and additions  
[www.nicksallstarbaseball.com](http://www.nicksallstarbaseball.com)*

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K, May 10/26/11