

# F.astpitch O.ffensive S.kills T.raining For Beginning & Intermediate players



This is the ideal hitting skills clinic for the serious fast-pitch player. Participants are drilled in all aspects of offense from both sides of the plate with skills of power hitting, slapping, drag-bunting and left side slap drag.

**F.O.S.T.** clinics differ from all other hitting camps because we go beyond the usual mechanics and instruct the players on how to mentally prepare to hit in all situations as well as how to adjust as the at-bat progresses.

Our motto is: **Pitchers don't strike you out, you strike yourself out!** With this in mind, we show the batters all aspects of the game they need to track to make their next at bat more successful.

If confidence, versatility and aggressiveness are lacking in your hitting, then the instructors at F.O.S.T. can help. Let us show you how to become the complete offensive weapon every team needs. Increase your average, on base percentage and power with FOST.

## **SESSIONS: (please check one)**

\_\_\_\_\_ FALL SESSION: Sept 9<sup>th</sup> - Oct. 7<sup>th</sup> (Thursdays) 5:30 – 7:00

\_\_\_\_\_ WINTER SESSION: Nov. 6<sup>th</sup> - Dec 11<sup>th</sup> (Saturdays) (No class 11/27)  
Time: 1:00 – 2:30

**Cost:** \$140 (Teams of 5 or more \$130/player)

**Ages:** 8 – 12

Register on-line at [www.dupageacademy.com](http://www.dupageacademy.com)

## **REGISTRATION (please print)**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Business Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email ID: \_\_\_\_\_ Age: \_\_\_\_\_

### Payment:

Cash: \_\_\_\_\_ Check: \_\_\_\_\_ # \_\_\_\_\_ MC: \_\_\_\_\_ VISA: \_\_\_\_\_ Discover: \_\_\_\_\_

CC # \_\_\_\_\_ Sec Code \_\_\_\_\_ Exp. \_\_\_\_\_

## **FOST Instructors**

Jim is the founder of the F.O.S.T (Fast Pitch Offensive Skills Training) and Winter Warm Up programs at DuPage Training Academy. Coach Hallahan brings over 20 years of experience to the camp.

Kayla Kramer, former softball player at Northern Illinois University and Instructor at DTA will also be one of the lead trainers at the camp.

## **Additional Softball Programs:**

- Developmental Camps
- Speed/Agility Camps
- Winter Warm Up
- Private Lessons

[www.dupageacademy.com](http://www.dupageacademy.com)

Mail/Fax to:  
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Fax 630-682-8450

**A great way to prepare for next year and beyond!**