

Minnesota Baseball Academy
Simulated Live Hitting and Pitching Outings
January/February/March 2010

BURNSVILLE LOCATION

Dates: Saturdays – January 9th, 23rd, 30th
Saturdays – February 6th, 13th, 20th, 27th
Saturdays – March 13th, 20th, 27th

Time: 1pm – 3pm (we may run longer or shorter depending on the amount of pitchers)

Cost: \$20/session – payable per session upon arrival at Minnesota Baseball Academy

Ages: 14u and up

ROGERS LOCATION

Dates: Sundays – January 10th, 24th, 31st
Sundays – February 7th, 21st, 28th
Sundays – March 14th, 28th

Time: 1pm – 4pm (we may run longer or shorter depending on the amount of pitchers)

Cost: \$20/session – payable per session upon arrival at Minnesota Baseball Academy

Ages: 14u and Up

ROGERS LOCATION

Dates: Mondays – January 11th, 18th, 25th
Mondays – February 1st, 8th, 22nd
Mondays – March 1, 8th, 15th, 22nd, 29th

Time: 6pm – 8pm (we may run longer or shorter depending on the amount of pitchers)

Cost: \$20/session – payable per session upon arrival at Minnesota Baseball Academy

Ages: 11u – 13u

Do you need to stay tuned with some live pitching and hitting?

Minnesota Baseball Academy will have live sessions for pitchers who want to throw live against hitters. All players who sign up including pitchers, catchers and hitters will all arrive and run through stretching, proper warm-ups before starting their live pitching and hitting.

Every week, pitchers will be on pitch counts starting with 2 sets of 15 pitches.

Week 1 2 x 15 30 pitches*

Week 2 2 x 15 30 pitches*

Week 3 2 x 15 30 pitches*

*** All pitchers will be monitored and work at their own pace if need be. These are suggested pitch counts as we realize that everyone is working to their own abilities, strengths and weaknesses.**

Balls and strikes will be called by either our **umpires** or our instructors. **Player stats** will be tracked including pitchers' innings pitched, strikeouts, hits allowed, walks allowed and hitters' stats including at-bats, hits, strikeouts and walks.

Players who sign up are encouraged to sign up for all three Mondays but it's not required. There will be a different amount of players each time including many of our professional players who will be hitting and pitching live! (RHP Chase Hentges-KC Royals, LHP Ryan Morse-TB Rays, 2B Joe Anthonsen-Rockford, C Joe Dempsey-Rockford, 2B John Anderson-Chi. White Sox to name a few)

This environment is going to be very relaxed and a place where instructors, professional baseball players, college and high school players will be able to share information about setting up hitters, approach at the plate and all around strategy when competing against live hitting and pitching.

Minnesota Baseball Academy has Composite Bats, but players are advised to bring their own wood or composite bats. No aluminum will be allowed.

Sign-Up: Each player must sign up online at www.minnesotabaseballacademy.com