

High School Pre-Season Workouts

Champions Baseball Academy is offering workouts this offseason for High School players. Champions' staff will hold pre-season training camps for advanced high school players ages 13 – 18. Through intensive instruction on offensive / defensive skills & conditioning, players will have the opportunity to improve their skills and gain an edge on their competition preparing for the upcoming season on our indoor turf infield. This training camp includes 6 weeks of workouts and will run through the week of February 15th. Workout schedule as follows:

Hitting (Tuesday 7:00-8:00pm): This workout is for all players and focuses specifically on hitting mechanics & other offensive parts of the game, including hitting to all fields and off-speed pitches

Fielding (Tuesdays 8:00-9:00pm): This workout focuses on fundamental infield play, double plays, etc.; lots of ground balls, footwork, and back hands!

Catching (Thursday 7:30-8:30pm): The catching workout will be focus on blocking, receiving, throwing and bunt situations. Make sure you bring all necessary equipment.

SESSION 1—NOVEMBER 07-DECEMBER 21

SESSION 2—JANUARY 9- FEBRUARY 15

The cost of each workout is \$125.00 per fundamental or \$300 to participate in 3.

MEMORIAL WEEKEND TOURNAMENT

(CHECK WEBSITE FOR DETAILS)

TIME FOR TEKULVE SPEED AND STRENGTH TRAINING

Athletes can expect to improve acceleration, sprint speed, body awareness and overall conditioning. In addition, errors in the athletes running mechanics can be identified and corrected. Other benefits include: improved self-confidence, quickness, explosion, cardio vascular conditioning and overall proper running

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Call Tekulve at (513) 474-4525

## DON'T FORGET ABOUT....

### RENTALS

- 60 min cage: \$35
- 30 min tunnel/mound: \$18
- 60 min tunnel/mound: \$35
- 1/4 field (60 min): \$50
- 1/2 field (60 min): \$90



### Proud Sponsors:



Champions Baseball Academy  
5994 Linneman Street  
Cincinnati, Ohio 45230



## Winter & Spring 2017-2018

**Train with the Best!**  
**Proud to be the longest  
established baseball  
academy in the  
Tri-State**

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5994 LINNEMAN STREET  
CINCINNATI, OHIO 45230  
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**513-831-8873**  
**www.championsbaseball.net**

## Baseball/Softball Lesson Information

Champions is proud to offer many different types of individual instruction, as well as group and team lessons. Champions' professional training staff is highly skilled in teaching many different aspects of baseball and fast pitch softball including HITTING, PITCHING, INFIELD and OUTFIELD SKILLS, CATCHING and even SLIDING lessons.

### Individual Lessons (price per ½ hour lesson)

(all lesson package to be paid in full at first lesson)

1 – 3 Lessons - \$45

4 – 7 Lessons - \$42

8 – 11 Lessons - \$40

12 – 24 Lessons - \$38

### Group Lessons (1 HOUR SESSION)

3 PLAYERS - \$35 EACH

4 PLAYERS - \$30 EACH

Champions is proud to have the best instructional staff in the city. Instruction is available for all aspects of BASEBALL AND SOFTBALL

Our instructors include: **Mike Bricker** (President of Baseball Operations-former player and coach at the University of South Carolina & pro scout with the Chicago Cubs), **Chris Welsh**, current sports broadcaster for Fox Network and former Cincinnati Reds pitcher, **Rocky Curnayn** (Director of Catching), former catcher for South Carolina Aiken and Florence Freedom, **Buster Keeton** (director of pitching), former major leaguer with Milwaukee Brewers and 20 years pro-playing and pro-coaching experience, **Don Gullett** (Director of Hitting), former NKU baseball coach, Shawnee State University All-Star, **Ken Osterkamp**, former University of Cincinnati and Boston Redsox pitcher, **Joel Bender**, current Reds AAA left handed pitcher, **Asif Shah**, former outfielder for Southeast Missouri Univ. with six years of Professional Baseball experience.

## TAKE PITCHING TO THE NEXT LEVEL

Fundamental and Elite pitching sessions

### Elite Pitching (ages 12-14)

TUESDAYS 6:00-7:00pm

Session 1: November 7-December 12

Session 2: January 9-February 13

Session 3: February 20-March 27

**Cost: \$109 per six-week session**

### Fundamental Pitching (ages 9-11)

MONDAYS 6:30-7:30pm

Session 1: January 8- January 29

Session 2: February 5-February 26

Session 3: March 5- March 26

**Cost: \$89 per four-week session**



## Indoor Instructional Baseball

Champions will be offering leagues for this upcoming winter for young players between the ages of 6 - 8 years old. The league will be played at Champions and will be a little bit different than any league before.

During Champions Instructional Baseball League, players will play a small 6-on-6 Indoor game on the field. Each team consists of up to 8 players per team, who rotate each inning. What makes this league so special is that Champion's staff spends time on the field during the game, not only coaching the kids to improve their fundamentals, but coaching them through game situations. Our coaches' knowledge and energy make the game flow smoothly(1.5 hr. limit)

### 6- 8 Year Old –COACH PITCH

Friday evenings, beginning at 6:00 pm

SESSION #1 Nov 3 -Dec 8 (no sessions Thanksgiving weekend)

SESSION #2 Jan 5 - Feb 2, 2018

SESSION #3 Feb 9 - March 9, 2018

**Cost is \$80.00 per five-week session**

### LITTLE SLAMMERS CLASS AGES 4-5 WEDNESDAYS 1:30PM Beginning in Nov.

Properly introduce your son or daughter to the fundamentals of baseball

## Gift Certificates always available

### HAVE AN UNFORGETTABLE BASEBALL OR SOFTBALL PARTY!

Your guests will enjoy on-field fun and games hosted by an energetic Party Coach.

ONLY \$14.95 per player

## Looking to add velocity from the mound? Need more arm strength on the field?

Join Champions Baseball Academy's one of a kind Elite Power Arm Throwing Program.

We will assist you in adding 3-5 MPH or MORE to your velocity!

This program, headed by current Cincinnati Reds Minor League Pitcher, **Joel Bender** as well as former minor league outfielder **Asif Shah**, features detailed warm up routines as well as arm strengthening programs that are tailored to your position. This includes weighted ball training/throwing, targeting specific muscle groups for throwing, resistance band training, as well as mechanical work for all positions!

Now featuring the revolutionary CORE VELOCITY BELT. The Core Velocity Belt is a unique tool that finally teaches ballplayers how to truly use their lower half effectively. In doing so, the belt helps create a throwing motion that is not only more efficient, but safer as well.

**MONDAYS AND THURSDAYS 7:30PM-8:30PM**  
**November 6th—December 14th (Five week program)**  
**Ages 15 & up (Cost \$250.00)**  
**Session #2: starts in January**

## Fundamental Youth Baseball Classes

### Youth Ages 5 - 10 Years Old

Fundamental classes are designed to inspire young athletes to maintain and improve their baseball skills throughout the year. Most classes are intended for players just beginning and are new to baseball. Maximum Player to instructor ratio is kept at 7:1.

### Ages 5-7 MONDAYS 6:00-7:00 pm

This class focuses on learning and establishing proper and safe baseball fundamentals

**Session 1: January 8-January 29**

**Session 2: February 5- February 26**

**Session 3: March 5- March 26** **\$80.00 per four-week Session**

### Ages 7-10 SATURDAYS 1:00-2:00 pm

This class focuses on the basic fundamentals of hitting, throwing, fielding, and base running.

**Session 1: November 11-December 9 (no class 11/25)**

**Session 2: January 6-January 27**

**Session 3: February 3-February 24**

**Session 4: March 3-March 24** **\$80.00 per four-week Session**

## NEW! Jr High Spring Workouts

We are now offering workouts this spring for Jr. High players. Champions' staff will hold pre-season training camps for advanced JR High Players **Ages 11-15**. Through intensive instruction on offensive/defensive skills & conditioning, players will have the opportunity to improve their skills and gain an edge on their competition preparing for the upcoming season on our indoor turf infield. This training camp includes 4 weeks of workouts & will run through the week of March 29th.

### SESSION 1—March 6th—March 29th

**Hitting** (Tuesdays 7:00-8:00pm)

**Fielding** (Tuesday 8:00-9:00pm)

**Pitching** (Thursday 7:00-8:00pm)

**Catching** (Thursday 7:00-8:00pm)

**Cost: \$80.00 per fundamental or \$175.00 to participate in 3.**

## Holiday Camp Opportunities

### 2017 Christmas Holiday Camp

Players ages 12 & under are invited to join Champions for the 2017 Christmas Holiday Camp. During this camp, players will have the opportunity to work on skills such as hitting, throwing, defense, & base running among other fundamentals of baseball with Champions professional staff. Game situations and contests are also involved in the camp to help teach and enforce the skills.

Ages 12 & Under: 9:00 a.m. - 12:30 p.m.

December 27-28, 2017 (Cost is \$89 per player)



### Special Holiday Baseball Camps

Champions is offering special one day holiday camps for players ages 12 & under looking to learn and develop their skills and have a lot of fun during games. From 9:00am-3:00 pm. Champions coaches will train players on offensive and defensive aspects of the game. Lunch from LaRosa's Pizza will be provided.

**Thanksgiving Day Camp - Nov. 24th**

**Martin Luther King Day Camp - January 15th**

**Presidents Day Camp - February 19th**

**Cost: \$70 per player**