

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 16th. Workout schedule as follows:

- Fielding** (Tuesdays 8:00-9:00pm): This workout focuses on fundamental infield play, double plays, etc.; lots of ground balls, footwork, and back hands!
- 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
- 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 03-DECEMBER 15
SESSION 2—JANUARY 10- FEBRUARY 16

The cost of each workout is \$125.00 per fundamental or \$300 to participate in 3. To register, call Champions today

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

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 2016-2017

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

5994 LINNEMAN ST. CINCINNATI,
OHIO 45230

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, **Jeff Keith** (Champions Infield Director), former Florida Gator player and former CHCA varsity coach, **Don Gullett** (Director of Hitting), former NKU baseball coach, Shawnee State University All-Star, **Ken Osterkamp**, former University of Cincinnati and Boston Red Sox 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: January 10-February 14

Session 2: February 21-March 28

Cost: \$109 per six-week session

Fundamental Pitching (ages 9-11)

MONDAYS 6:30-7:30pm

Session 1: January 9– January 30

Session 2: February 6-February 27

Session 3: March 6– March 27

Cost: \$89 per four-week session



Indoor Instructional Baseball

Champions will be offering two separate leagues this upcoming winter for young players between the ages of 6 - 8 plus 9 & 10 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 per inning. What makes this league so special is that Champions 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 4 -Dec 09 (no sessions Thanksgiving weekend)

SESSION #2 Jan 6 - Feb 3, 2017

SESSION #3 Feb 10 - March 10, 2017

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 10th—December 15th

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 30

Session 2: February 6– February 27

Session 3: March 6– March 27

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 12-December 10 (no class 11/26)

Session 2: January 7-January 28

Session 3: February 4-February 25 (Session 4: March 5-March 26)

\$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 30th.

SESSION 1—March 7th—March 30th

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

2016 Christmas Holiday Camps

Players ages 12 & under are invited to join Champions for the 2016 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, 2016 (**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 Marcos Pizza will be provided.

Thanksgiving Day Camp - Nov. 25th

Martin Luther King Day Camp - January 16th

Presidents Day Camp - February 20th

Cost: \$70 per player