

# Taking pitching to the next level

## POWER ARMS

This one-of-a-kind elite program has been specifically developed to add AT LEAST 3-5 MPH to a pitcher's velocity. Through using the revolutionary CORE VELOCITY BELT, pitchers learn how to truly use their lower half effectively. In doing so, the belt helps create a throwing motion that is safer and more efficient.

### BENEFICIAL FOR PITCHERS AND POSITION PLAYERS AGES 15 & UP

Program headed by former minor leaguer, Asif Shah and features:  
ARM STRENGTHENING THROUGH

- Weighted ball training/throwing
- Targeting specific muscles for throwing
- Resistance band training

MONDAYS AND THURSDAYS 7:30-8:30pm

NOVEMBER 7-DECEMBER 5, 2023

Cost: \$260.00

## FUNDAMENTAL AND ELITE PITCHING TRAINING

This training is designed to assist pitchers in improving and maintaining much needed pitching skills during the off-season. This training is a must have for players who are serious about pitching in their baseball career. The competition is doing it!

### ELITE PITCHING (AGES 12-14) TUESDAYS 6-7:00pm

SESSION #1 November 7-December 5, 2023

SESSION #2 January 9-February 6, 2024

SESSION #3 February 13-March 12, 2024

Cost: \$109 per five-week session

### FUNDAMENTAL PITCHING (AGES 9-11) MONDAYS 6:30-7:30pm

SESSION #1 January 8-January 30, 2024

SESSION #2 February 5-February 26, 2024

SESSION #3 March 4-March 25, 2024

Cost: \$95 per four-week session

GIFT  
CERTIFICATES  
ALWAYS  
AVAILABLE

## FACILITY RENTAL INFORMATION

BATTING CAGE: \$35 (60 min)

TUNNEL/MOUND: \$18 (30 min) \$35 (60 min)

1/4 FIELD: \$50 (60 min)

1/2 FIELD: \$90 (60 min)

Call to inquire about multiple use discount

Champions Baseball Academy  
5994 Linneman Street  
Cincinnati, Ohio 45230



(513) 831-8873

PROGRAMS  
FALL/WINTER  
2023-24

5994 Linneman Street  
Cincinnati, Ohio 45230

[www.championsbaseball.net](http://www.championsbaseball.net)

## About Our Instructors

**SPECIALIZING IN ALL ASPECTS OF BASEBALL  
AND SOFTBALL: HITTING, PITCHING, INFILDT/  
OUTFIELD AND CATCHING**

MIKE BRICKER, President of Baseball Operations, former player and coach at The University of South Carolina and 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 pitcher with the Milwaukee Brewers with over 20 years of pro-playing and pro-coaching experience. KEN OSTERKAMP, former University of Cincinnati and Boston Red Sox pitcher. ASIF SHAH, former outfielder for Southeast Missouri University, and over six years of Professional playing experience. ZADE RICHARDSON, current player for the Atlanta Braves, specializing in catching. MAMEE SALZER, Director of Softball, former hitter and pitcher at Thomas More and former coach at St. Henry HS. CHRIS MUTTER, JR., Pitching Instructor, former pitcher at Lake Erie College and currently playing independent ball. PAIGE DIERS, Softball Hitting and Fielding Specialist, Former 4 year starting Centerfielder and switch hitter at at Heidelberg University.

## Lesson Pricing

### INDIVIDUAL BASEBALL LESSONS (1/2 HR)

1-3 LESSONS - \$45ea    4-7 LESSONS - \$42 ea  
8-12 LESSONS - \$40ea

SMALL GROUP LESSONS(1 HR) - \$35ea (3 players)  
(1 HR) - \$30ea (4 players)

### INDIVIDUAL SOFTBALL LESSONS

\$45ea (half hour)    8 lesson package - \$40ea

### ENHANCED VIDEO ANALYSIS WITH RAPSODO

For an additional \$10 per lesson, slow motion video will measure progress and compare various age group standards including bat speed, launch angle, exit velocity and more.

**GET STRONGER, BETTER, FASTER TODAY WITH  
TEKULVE SPEED AND STRENGTH TRAINING!**

## Youth Instruction

### INDOOR INSTRUCTIONAL BALL

Champions offers leagues for boys and girls, ages 6-8 years old. The league is played a little different than other leagues, as players will play a small 6-on-6 or 8-on-8 indoor game on the field. Players will rotate on the field while Champions Instructors coach the players to improve their fundamental skills & increase their awareness of game situations.

Cost: \$85 per five-week session

**6-8 Year Old- COACH PITCH**

Friday evenings, beginning at 6:00pm

**SESSION #1** November 3-December 8, 2023

**SESSION #2** January 5-February 2, 2024

**SESSION #3** February 9-March 8, 2024

### FUNDAMENTAL YOUTH CLASSES

Fundamental classes are designed to inspire young athletes to maintain and improve their baseball or softball skills throughout the year. Most classes are intended for players in their first couple years of playing. Player to Instructor ratio is kept at 7:1 or less. Cost: \$85/4 week session

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

With focus on learning and improving baseball skills

**SESSION #1** November 20-December 11, 2023

**SESSION #2** January 8-January 29, 2024

**SESSION #3** February 5-February 26, 2024

**SESSION #4** March 4-March 25, 2024

**NEW! Advanced Fundamentals Ages 8-11 SATURDAYS 1-2:00pm**

With focus on fundamentals of hitting, throwing, fielding & running

**SESSION #1** November 11 -December 9, 2023

**SESSION #2** January 6-January 27, 2024

**SESSION #3** February 3-February 24, 2024

### NEW! Catching Sessions

**Improve throwing, receiving, blocking, and more!**

**SESSION #1 MONDAYS, Oct. 30-Nov. 20**

**SESSION #2 MONDAYS, January 8-29**

**Ages 9-13, \$85 / 4-week session**

### HOLIDAYCAMP OPPORTUNITIES

Players 12 and under are invited to join our professional instructors for a fun-filled learning experience. Skills such as hitting, throwing, fielding, and base-running will be improved while establishing friendships and playing games.

**THANKSGIVING CAMP\***- November 24, 2023 9am-3pm

**CHRISTMAS CAMP\***- December 27-28, 2023 9am-12:30pm

Two Fun-filled days - Cost: \$95

**MARTIN LUTHER KING DAY CAMP\***-January 15, 2024 9am-3pm

**PRESIDENTS DAY CAMP\***- February 19, 2024 9am-3pm

Cost for all camps: \$80, unless otherwise noted

LaRosas Pizza served

## Jr. High/High School

### HIGH SCHOOL PRE-SEASON

On our indoor turf infield, professional instructors are holding pre-season training sessions for players ages 13-18. Through intensive instruction on offensive and defensive skills and conditioning, players will have the opportunity to improve their skills and gain an edge on their competition. This will prepare players for high school try-outs and the upcoming season.

6 week work-out schedule as follows:

**HITTING -TUESDAYS 7-8:00pm**

This workout focuses specifically on hitting mechanics and other offensive aspects of the game, including hitting to all fields and off-speed pitches

**FIELDING - TUESDAYS 8-9:00pm**

This workout focuses on solid fundamental infield and situation play, double plays, extensive ground balls, footwork, backhands

**CATCHING - THURSDAYS 7:30-8:30pm**

This workout focuses on blocking, receiving, throwing, bunt situations and more

**SESSION #1** November 2-December 14, 2023

**SESSION #2** January 2-February 6, 2024

Cost: \$135 per workout or \$330 for all three

### JUNIOR HIGH WORKOUTS

Spring workouts designed for Junior High Players, ages 12-15. Through this intensive pre-season training, offensive and defensive skills will be improved allowing players to start the season ahead of the competition. Training lasts for four weeks and will take place on our turf infield with our professional and highly knowledgeable instructors.

**SESSION #1** November 9-December 7, 2023

**SESSION #2** February 20-March 15, 2024

**HITTING, Tuesdays 7-8:00pm**

**FIELDING, Tuesdays 8-9:00pm**

**PITCHING, Thursdays 7-8:00pm**

**CATCHING, Thursdays 7:30-8:30pm**

Cost: \$90 per workout or \$200 to participate in 3

**NEW! 3 on 3 live hitting and pitching  
GAMES PLAYED WEEKDAYS IN JANUARY 4PM-6PM**

**Join us for a fun and competitive way to gain more  
reps of live hitting, pitching and catching  
Sign up as a team of 3 players to participate  
\$75 per player**