

Looking to train over the fall and winter months? Over the Wall Baseball Academy will offer three different classes for the winter of 2019 to the early parts of 2020. Space is limited, do not lose out on a chance to train with **Over the Wall Baseball Academy.**

**Details:**

*Classes are 12 weeks long, 1 hour a week. Each class is **\$325 per person.** Classes will close quickly due to quantity limitations. All Classes will run from the week of October 22nd & 23rd, 2019 to January 21st & 22nd 2020, with a few off weeks. To register, send this form to the address below with payment. This is a first come first serve, space is very limited.*

**Baseball Skills (Hitting & Fielding)**

Check the class you are registering for

- |                          |  |           |        |
|--------------------------|--|-----------|--------|
| <input type="checkbox"/> | Class Age 4 <sup>th</sup> -8 <sup>th</sup> Grade | Tuesday   | 7-8pm  |
| <input type="checkbox"/> | Class Age High School                            | Tuesday   | 8-9pm  |
| <input type="checkbox"/> | Class Age Middle & High School                   | Wednesday | 8-9pm  |
| <input type="checkbox"/> | Class Age Open                                   | Wednesday | 9-10pm |

Looking to participate in multiple classes? Take advantage of our discount of **\$15 per extra class!**

**Pitching/Throwing: Mechanics, Approach, and Arm Care**

Check the class you are registering for

- |                          |                              |           |        |
|--------------------------|------------------------------|-----------|--------|
| <input type="checkbox"/> | Class Advanced               | Tuesday   | 7-8pm  |
| <input type="checkbox"/> | Class Intermediate           | Tuesday   | 8-9pm  |
| <input type="checkbox"/> | Class Intermediate And Basic | Wednesday | 8-9pm  |
| <input type="checkbox"/> | Class Advanced               | Wednesday | 9-10pm |

Family Discount!!! **\$15 off multiple child!**

**Catching: Stance, Receiving, Blocking, & Throwing**

- |                          |                |         |       |
|--------------------------|----------------|---------|-------|
| <input type="checkbox"/> | Class age 9-18 | Tuesday | 7-8pm |
|--------------------------|----------------|---------|-------|

Total: \$ \_\_\_\_\_ Check #: \_\_\_\_\_

Player Name: \_\_\_\_\_

What OTW rep scheduled you? (Circle One)

Coach Wallerich      Coach Krepline

Parent Name: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

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

Email: \_\_\_\_\_

Classes Begin Oct 22<sup>nd</sup> /Oct 23 depending on what class you choose.

Please make checks payable to: Over the Wall, 111 Woodview Lane, Green Bay, WI 54301

Classes are held at Purdy Performance, 807 Parkview Lane, Green Bay, WI 54304

## Throwing and Pitching Classes: Run by **Coach Chris Krepline** and staff

### CLASS TYPES:

***BASIC***- Athletes will develop proper routines for warm ups, stretches, basic mechanics through drill progression, throwing progressions and learning proper arm care. Development of pitch types: 2seam, 4seam, cut fastball and changeups will be taught as well as routines to continue to develop location and accuracy. New and young players 8-12 years old

***INTERMEDIATE***- Athletes will engage in continued routine work for arm care as well as incorporating arm-strengthening drills through our velocity program. Development of all pitch types as well as beginning basic pitching philosophy through classroom sessions. Video analysis and radar readings will help to see progression through the program. Players with experience in the OTW program and middle school aged athletes beginning pickoffs and stealing.

***ADVANCED***- Athletes will develop proper in and out of season routines through bullpen work, velocity training, strength training, as well as learn daily and weekly routines to become a complete pitcher. Velocity readings and video analysis will be done as well as classroom sessions to help develop bulldog mentality and greater understanding of the game. Players with experience in the OTW program and high school aged athletes.

## Hitting and Fielding Classes: Run by **Coach Mike Wallerich** and staff

Each class will consist of teaching the athletes the proper mechanics of the swing along with fielding a baseball. As we progress through the winter, your athletes will learn the “musts” of the swing. Every great player has their own little attributes to what helped them be successful. However, all great players have these musts in common because they are backed by the science of the swing.

Along with mechanics, we will spend more time on approach and what you should be swinging at. As players get older, pitchers get better and with baseball being the only game where you don't control the ball on offense, to be successful you have to have a solid approach before you step into the batter's box.

Each class is geared towards teaching the players at the level they are at. Each athlete might have a different skill set and we will look to attack each player's strengths and weakness to create a better baseball position player.

## Catching: Run by **Coach Tom Wilson** and Staff

This class will consist of teaching the core fundamentals of the catching position as well as the small nuances that make a difference for the advanced catcher. Topics we will teach and drill include: Stances, Receiving, Framing, Blocking, Throwing to Bases, Bunt Recoveries, Blocking Plate/Tag Plays, Wild Pitch Recovery, Pop Ups, Special Situations (Calling Pitches, Working with Umpires, Game Management, Bunt and 1<sup>st</sup> & 3<sup>rd</sup> coverages and more).

This catching class will be a great opportunity to work on learning and improving little things that make a huge difference at the catching position. If you're looking to become a better catcher or if you are looking to just learn the position, this is the class for you.