



# Post 320

# Pre-Season Hitting Program

Make 2018 your best season yet! Post 320 will be conducting an **INDIVIDUAL** pre-season hitting program. Improve your hitting skills and learn mental aspects of the game from Coach Brian Humphries. Lessons will be **ONE-ON-ONE, ONCE A WEEK, LASTING 6 WEEKS.** The day of lessons will be fixed and dependent on parent's/player's convenience. Call Brian Humphries at (619) 244-1837 or email [bwhumph@gmail.com](mailto:bwhumph@gmail.com) to schedule your time slot!

**When:** January 8<sup>th</sup>- February 16<sup>th</sup>

- Monday-Thursday: 4pm-7:30pm
- Friday: 3pm-5pm
- Saturday: 10am-12pm

**Where:** Post 320 Hitting Facility

**Who:** Ages 7-12 (20 minutes per lesson)

- Ages 13+ (30 minutes per lesson)

**Price:** Ages 7-12 (\$120)

- Ages 13+ (\$180)