



Team Training Instruction Programs

The Varsity Shop Training Center and its Instructor Team is committed to offering the very best development programs to Team Coaches and their Players.

Coaches Clinic Program

- Clinic will be organized and run by Training Center Full-time Instructors.
- An all-inclusive Coaches Clinic is 2 ½ to 3 hours in length. Each program can be customized to accommodate alternative time spans.
- The Coaches program will include a combination of “hands-on” field instruction at separate work stations, Instructor/Coach demonstrations, group lecture and a question/answer session.
- The Main Focus of each Coaches Clinic will include your choice of the following and will be customized to meet your needs and objectives :
 - *Practice Organization
 - *Hitting Techniques
 - *Throwing Mechanics
 - *Fielding Techniques
 - *Pitching Mechanics
 - *Catching Techniques
 - *Base Running
 - *Warm-Up Programs/Conditioning/Injury Prevention
- Ideal Participation: 30-75 Coaches and Assistants. Program is flexible to accommodate additional participants and a longer clinic timeframe. Additional Instructors and Fees may apply. Contact our Center Manager to Reserve a Time.
- Clinic Cost: \$1,100.00

Players Clinic Program

- Clinic will be organized and run by Training Center Full-time Instructors and additional Instructor Assistants as required.
- An all-inclusive Players Clinic is 2 hours in length. Each program can be customized to accommodate alternative timeframes and lengthen the schedule.
- The Players Clinic program will include a combination of “hands-on” field instruction at separate work stations, Instructor/Player demonstrations, group lecture and a question/answer session.
- The Focus of each Players Clinic will include but not limited to the following:
 - *Warm-Up Techniques
 - *Hitting Techniques
 - *Fielding Techniques
 - *Pitching Mechanics
 - *Throwing Mechanics
 - *Speed/Agility Programs
- Player Participation: Minimum 50/Maximum 80 Participants. Program may be flexible to accommodate additional participants. Additional Instructors and Fees may apply. Contact the Training Center Manager to Reserve a Time Today.
- Clinic Cost: \$15.00 Per Participant

Please contact our facility for further information.

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