

BASE STEALING CLINIC

featuring...



Lee Taft
A.K.A. The Speed Guy

Speed Coach for Major League Baseball Players, including local Brendan Harris.

This is the most complete system of teaching your base runners how to get an explosive “jump.” They will learn:

- ◆ How to reproduce the exact foundation of the “Lead Stance” every single time a lead is taking.
- ◆ Why commonly used “fancy” techniques may be getting your base runners thrown out.
- ◆ How to put incredible stress on the pitcher and catcher every time a runner gets on base and takes a lead.
- ◆ Tried and tested techniques guaranteed to cause quicker acceleration.
- ◆ An amazing secret that almost no one uses to increase the speed of the “jump,” yet it is a biomechanical and physical ability that must occur to create faster motions.
- ◆ A proven method that takes away unwanted motions that can cause a base runner to get thrown out at second or picked off at first.

DATE: Friday, April 29th
TIME: 5-7pm
SITE: Gavin Park, Dailey Gym
OPEN TO: All Baseball & Softball Players
Ages 12-18
CONTACT: Bryan Briddell, Ph.D.
518-505-9542
Bbridde1@nycap.rr.com
DEADLINE: April 10, 2011
FEE: \$45 per Athlete
(Payable to Saratoga Peak Performance)

***Coaches are welcome to attend for just \$25.*



www.leetaft.com