



CERTIFIED VIDEO ANALYSIS

1 on 1 Video Analysis and Training
by highly trained/certified coaching staff!

1/2 Hour Analysis \$50
1/2 Hour Add-On Lesson \$30
1 Hour Team Camp \$100

ADDITIONAL PLAYER-Only \$10 more!



Our Video Analysis allows the batter to view a complete breakdown of the mechanics, split the screen and compare their swing with other hitters. This will help the player to understand and correct his/her mistakes.

Lessons will cover:

Bat Speed

Develop power through rotation movement

(controlling how the hips and shoulders are used to maximize power)

Timing and Vision (improving pitch selection and identification)

Hitting to all fields

Off-Speed Pitches (Curveball, Changeup, Slider, etc. as applicable)

Computerized Swing Analysis

Email Joe at jsiwa@strikezoneomaha.com to set up your team camp.

MAIL THIS FORM TO:
STRIKE ZONE

Joe will call to set up appointment

Name: _____ Age: _____ Hit: _____ R _____ L _____ Switch
Telephone: _____ Cell #: _____ High School: _____
Address: _____
City: _____ St: _____ Zip: _____
E-Mail: _____

Testing Date: _____
(Parent/Guardian Sign
Here:) _____

Visit www.StrikeZoneOmaha.com for Cancellation Policy

PAYMENT METHOD

Cash Check Visa MC Disc AMEX

Exp Date _____ 3 digit V-Code _____

Signature: _____



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