

Dream Big Athletics

LAKE BLUFF WINTER/SPRING TRAINING 2010

Location: Elite Sports Academy in Vernon Hills

Length: 10 weeks

Cost: \$165 per player

Coaches: Chris Uhle, former Astros minor leaguer

Tad Slowik, current Astros scout and former minor leaguer

Jeremy Lee, former Lake Forest coach

Sessions:

- 1) Designed for ages **9 and 10**.
 - a. Sundays (1/10 – 3/14) 12 pm – 1:30 pm
 - b. Basic hitting, throwing, and defense
 - c. Base running fundamentals
- 2) Designed for ages **11 and 12**.
 - a. Sundays (1/10 – 3/14) 1:30 pm – 3 pm
 - b. Intermediate hitting, throwing, and defensive drills
 - c. Pick-offs and Lead-offs
 - d. Necessary fundamentals to succeed in the North Shore League
- 3) Designed for ages **13 and 14**.
 - a. Sundays (1/10 – 3/14) 3:00 pm – 4:30 pm
 - b. Advanced hitting, throwing, and defensive drills
 - c. Necessary fundamentals to succeed in high school

Speed and Agility Camp:

- **Thursdays (1/14-3/18) 5:00-6:00** - 9 – 11 year olds
- **Thursdays (1/14-3/18) 6:00-7:00** – 12 – 14 year olds
- Designed to improve speed, agility, quickness, and explosiveness
- Program run by Dan Bartmantje, current minor league strength and conditioning in the Houston Astros Organization

If you have any questions, please call or email Chris Uhle, Uhle03@aol.com, (847) 651-4571.

Thanks,

Chris Uhle