

MCQUADE SOFTBALL ACADEMY

Off-Season High School Softball Player Development

December 2 – February 19

SOFTBALL DEVELOPMENT AND ATHLETIC PERFORMANCE

- Grades 7-12, December 2 – February 19 (12-week program) 6:00 PM – 8:00 PM; Tuesdays and Thursdays
- Hitting- 6:00 PM – 7:00 PM; Tuesdays and Thursdays
- Defense and Throwing- 7:00 PM – 8:00 PM; Tuesdays and Thursdays
- Sports Performance Training- 4:00 PM–5:00 PM; Monday & Wednesday Grades 9-12; 5:00-6:00 PM Monday and Wednesday Grades 7-8

Cost: \$1,125

Offensive Training

- Bat Speed Training
- Movement Screening
- Video Analysis
- Rapsodo Data Analytics (tracking exit velocity, ball flight, and hard hit%)

Defensive Training

- Warm up and recovery program for throwing
- Video Analysis
- Throwing mechanics to increase velocity, accuracy, and arm care (position players, not pitching)
- Infield, Outfield, and training for catchers

Register at [Sanfordsports.com/locations/bismarck](https://sanfordsports.com/locations/bismarck) or call (701) 323-1125

Training is with McQuade Softball Academy Coaches Alec Shull and Logan Krivoruchka