

BEN BERG BASEBALL ACADEMY

SUMMER SOFTBALL HITTING CAMP

JUNE 4TH – JULY 30TH

EVERY THURSDAY, STARTING JUNE 4TH:

- 16-18u: 2:00 – 3:00pm
- 13-15u: 3:00 – 4:00pm
- 9-12u: 4:00 – 5:00pm

Cost: \$300

Hitting Camp Details:

- Movement Screening
- Video Analysis of Hitting Mechanics
- Individualized Hitting Improvement Plan
- 16-18u: Bat Speed Training

Post Outcomes

Average Exit Velocity increased by 4.6mph. Hard Hit % increased by 27%. Average throwing velocity increased by 3-4mph. 10+ college commitments over the past 5 years.

Register at sanfordsports.com/locations/bismarck or call (701) 323-1125

Training is at the Ben Berg Baseball Academy with Coach Logan Krivoruchka.