

# MID ATLANTIC REGIONAL SOFTBALL HITTING WEEKEND

**February 16 - 17, 2019**  
**Softball Factory Headquarters**  
**Columbia, Maryland**

Softball Factory's Mid Atlantic Regional Hitting Training Weekend gives players the opportunity to improve their offensive ability through numerous drills and extensive analysis of their swing.

## **Become a force at the plate!**

Our softball hitting experts will work with each player to help maximize her potential and raise her game to a new level. Learn from experienced coaches who have played the game at the highest level.

### **All players will receive:**

◆ **Top Notch Instruction:** Our team of coaches has included:

**CJ Browder: The Director of Softball Factory** attended the University of South Carolina Beaufort and led the team with numerous offensive categories. She received the Sun Conference Player of the Year Award and was named 1<sup>st</sup> team All-Conference. She is also a former Division I Assistant Coach at Louisiana Tech University

◆ **Personalized Training:** Our coaches will break down each player's swing by closely analyzing every aspect of her hitting style, ability and technique. Players will receive personal recommendations to enhance future success at the plate.

◆ **Videotape Analysis:** Every player's swing will be videotaped and reviewed so that they can see exactly where they need to make adjustments. It is much easier to correct mechanics if you can see what the coaches are suggesting.

◆ **Confidence:** Players will leave with a game plan tailored to their hitting approach that will give them confidence not only in practice but also every time they step up to the plate.

◆ **Training Tips:** Learn the techniques that can help you succeed and propel you towards college softball and beyond.



**Work on developing your skills now to help you find greater success at the plate during your spring season!**

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<b>Dates:</b>	Saturday, February 16, 2019 – Sunday, February 17, 2019												
<b>Location:</b>	Training will take place at the Factory headquarters which is located at Softball Factory's headquarters- 9212 Berger Rd. Suite 200 Columbia, MD 21046. The facility has three batting cages and a video analysis room.												
<b>Suggested Lodging Info:</b>	Parents and players are responsible for their own lodging												
<b>Closest Airport &amp; Train Station:</b>	Baltimore/Washington International Airport Baltimore/Washington Airport Train Station												
<b>Itinerary*:</b>	<table><tr><td><b>Saturday:</b></td><td>8:30 AM – 9:00 AM</td><td>Player registration at Softball Factory Training Facility</td></tr><tr><td></td><td>9:00 AM – 12:30 PM</td><td>Review of hitting fundamentals, hitting drills, small group instruction, videotaping sessions, swing analysis</td></tr><tr><td><b>Sunday:</b></td><td>8:00 AM – 11:00 AM</td><td>Hitting drills, live batting practice</td></tr><tr><td></td><td>11:00 AM – 12:00 PM</td><td>Review of instruction learned Player departure</td></tr></table>	<b>Saturday:</b>	8:30 AM – 9:00 AM	Player registration at Softball Factory Training Facility		9:00 AM – 12:30 PM	Review of hitting fundamentals, hitting drills, small group instruction, videotaping sessions, swing analysis	<b>Sunday:</b>	8:00 AM – 11:00 AM	Hitting drills, live batting practice		11:00 AM – 12:00 PM	Review of instruction learned Player departure
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<b>Important Weekend Info:</b>	<ul style="list-style-type: none"><li>◆ Players and their parents/guardians are responsible for booking their own lodging (if necessary)</li><li>◆ Players and their parents/guardians are responsible for their own transportation to and from the Softball Factory Training Facility</li><li>◆ Players need to bring all necessary softball equipment for training</li><li>◆ Players receive a detailed player info pack upon registration</li></ul>												

\*Coaching staff and times subject to change. Check with your Player Development Coordinator for the most updated information.