

# BASEBALL

## → HITTING AND CATCHING FUNDAMENTALS

Examine the fundamentals of hitting and catching.

Plus how to make sure that competition is kept in the proper perspective.

**Jim Buckley**

**Lead Baseball Instructor and Director - All Pro Sports Academy**

Jim has played for the Boston Red Sox system (AAA) and was the 25<sup>th</sup> round draft pick out of Siena College. He is also one of Long Island's most sought after private baseball instructors.

## → INFIELD PLAY

Examine the fundamentals of solid infield play.

**Joe Murphy**

**Baseball Instructor - All Pro Sports Academy**

Joe has had over 25 years of experience as Varsity and JV Baseball Coach at Sachem High School. He also speaks at numerous coaches clinics each year and has been Camp Coordinator at All Pro Sports Academy for eight years.

## → HITTING: GETTING TO THE NEXT LEVEL

Get to the next level of hitting with these advanced hitting drills.

**Mike "Butch" Caufield**

**Assistant Coach New York Tech Baseball and Instructor - All Pro Sports Academy**

Mike is Vice-President of the Long Island Whalers Baseball Organization and serves as the general manager of their college baseball summer league. He has also served for ten years as the assistant coach of New York Tech Baseball Team.

## → BREAKDOWN OF THE MAJOR LEAGUE SWING

This demonstration will break down the major League swing to each precise movement necessary to hit at higher levels. **Joe Francisco**

## → EXPLOSIVE HITTING

Increase power, gain bat speed and learn functional strength training to take your hitting to the next level. **Joe Francisco**

## → FRANCISCO SYSTEM OF TRAINING

Learn the secrets of the Francisco Hitting School and develop into a top-notch hitter.

**Joe Francisco**

Former Atlanta Braves Outfielder, Joe Francisco is the head performance specialist and owner of The Performance Factory.

# TEST YOUR PITCHING AND BASE RUNNING SPEED!

Throughout the weekend [All Pro Sports Academy](#) will test your pitching speed and base running speed at the Long Island Sports Expo.