

WILLIAM S. HART SOFTBALL NIKE / SPARQ SPEED CLINIC

Velocity
Sports Performance™



Desire • Belief • Character • Determination • Heart • Pride

William S. Hart Softball and Velocity Sports Performance have partnered to provide each Hart Softball team a **FREE** 60 Minute **Nike / SPARQ Speed Clinic**. William S. Hart Softball will receive a sponsorship donation from Velocity for every team that attends a Nike / SPARQ Speed Clinic. To be eligible for the donation the team must:

- Have at least **8 Players** & their parents attend
- All players must be at least 7 years old
- Clinic must occur prior to June 30, 2009

Call Velocity at (661) 294 – 4000 to schedule your Team!



Benefits for Softball Players

Increase Your Speed

- Baseball is a game of inches. Our coaches are degreed and certified in skills that will help you become a more efficient runner. Our goal is to take .2 seconds off of your forty times, in which will make the difference of being safe or on that that game winning play

Develop Power in the Plate

- Nothing makes a player more dangerous then the ability to hit the long ball. We will help you develop the rotational power, the maximal strength and explosiveness that will send the ball out of the park

Gain Agility

- Become faster side to side, grounders, double plays, digs, and fly balls. All of the plays softball players make daily will be come easier after learning the correct motions

Reduce the Likelihood of Injury

- Nothing is worse then being on the bench because you are injured. We at Velocity Sports Performance work hard at injury prevention. We develop flexibility and muscle strength which will help keep athletes healthy

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BE A BETTER ATHLETE. 
OFFICIAL PROVIDER OF NIKE SPARQ TRAINING