

Individual Training

Diamond Kings brings expert knowledge to players of all ages and abilities. Our professional coaches work with each individual in a fun, structured atmosphere conducive to athletic success.

Our training packages are designed to be flexible enough to fit anyone's needs.

Non Member

\$40 half hour \$75 hour
\$360 for 10 half hr sessions

Member

\$35 half hour \$65 hour
\$310 for 10 half hour sessions
\$775 for 25 half hour sessions

- Hitting, Pitching
- Fielding, Catching
- Windmill Pitching

The DK Staff of professional instructors are all current or former collegiate baseball and softball coaches and most have played professionally in the United States or overseas.

More importantly, they all share in the belief that an exceptional work ethic and a positive attitude, coupled with the highest level of professional instruction facilitate self confidence in each player's on-field and off-field abilities.

Baseball University

For middle and high school age players

w/ Parisi Baseball Conditioning
Tuesday & Thursday 3:30– 5:00

One of our favorite programs for the middle and high school age player in preparation for the spring season. BU incorporates the advantages of learning the most advanced techniques top pro instructors and training with the Parisi Speed School.

Live Hitting—Infield Play—Outfield Play—Run Downs—Situations—Cuts & Relays—Mental Skills

- Free Weight room use 2-3pm on Tues and Thurs
- Sixteen 90 minute training sessions with Parisi School training each day
- Get every aspect of your game ready for the baseball season with PBC and Baseball University
- Member: \$275 Non Member: \$295

begins Jan 19, 2010
LIMITED ENROLLMENT

Register online for all programs
and events at

www.dkacademy.com



54 Dolphin Road
Bristol, CT 06010



BASEBALL AND SOFTBALL ACADEMY



Winter 2010

AGES 7-12 and 13-18

Programs for players of all ages.

Memberships, Camps, Clinics, Lessons



54 Dolphin Road
Bristol, CT 06010
860-584-1386

Register online at
www.dkacademy.com

Rookie Ball Classes

For Players Age 5 and 6 Sat Mornings from 9 to 10am

A class to teach and reinforce correct mechanics for young players and will cover hitting, fielding & throwing.
Member \$20 Non Member \$30

Baseball Birthday Parties

All Parties include:

- One hour of baseball games and contests
- Exclusive Use of Party Room for duration of Party
- Paper Goods for Food and

Drink

- Party Pizza and 2 two liter bottles of soda
- Package includes 10 players \$249 and \$10 per player after 10 players

DK CATCHER'S SCHOOL

Emphases placed on mastering throwing and blocking fundamentals, receiving the ball, lowering "POP" Times, Game IQ and lower body strength. Guaranteed improvement and confidence behind the plate.

- Male and Female Catchers ages 10-13 and 14-18
- 6 week program on Saturdays 10-11am from Feb 6 to March 13
- Member \$120 Non-Member \$140

PITCHERS VELOCITY CAMPS

Session 1 begins Tues JAN 5
Session 2 begins Tues FEB 9
Session 3 begins Tues MAR 16

Age 10-12 and 13-18
5 week programs
Tues and Thurs
7:30 to 9pm

Emphases placed on mechanical fundamentals, arm strength and conditioning, lower and upper body strength program developed by *Parisi Speed School*. **10 hardcore workouts each session**

Member \$150 Non Member: \$175

Indoor Baseball Leagues

Four week sessions of live "5 on 5" indoor Saturday evening baseball games at DK in Bristol.

- Boys ages 7-9 and 10-12. Sign up a team of 5 buddies and have some fun!
- New Sessions Begin on Jan 9, Feb 6, Mar 6 and April 3
- Price per session— Member \$80 Non-Member \$95

Saturday Winter Workouts

- A progressive 4 week Saturday clinic for players ages 7-12 covering hitting, fielding, throwing, pitching & outfield play.
- Workouts consist of full group discussions followed by stations with fast paced drills to learn & reinforce topics.
- Confidence booster for players while they get a head start on the competition with hundreds of pre-season throws and swings
- Ages 7-9 runs 11 to 12 Ages 10-12 runs 12 to 1pm
- Member \$65/session Non Member: \$85/session

Session I
Jan 9 - Jan 30

Session II
Feb 6- Feb 27

Session III
Mar 6 - Mar 27

Session IV
Apr 3 -Apr 24

DK MONTHLY MEMBERSHIP

SERIOUS PRESEASON PREPARATION

Join Diamond Kings as a **Monthly Class Member** for players 12 and under and players 13 and up and work out in up to **40 classes a month** in preparation for the season.

- Monday, Wednesday, Friday, and a Hitting class only on Saturday mornings. Visit dkacademy.com to see schedule.
- Train for all 4 Months for only \$550 payable by 3 cc payments and includes unlimited cage use from May 15 to July 1 2010. Train in Jan, Feb, Mar — \$475, payable by 3 CC installments.
- Players can also train month to month . The higher membership fee prevails unless athlete was a member the previous month.

There is no shortcut to success. Players need to throw, take swings, ground balls, and pitch.

Our latest membership is based on deveolping sound **FUNDAMENTALS** with plenty of **REPETITION**. These skills will be performed on a flexible weekly schedule and under the watchful eye of the DK Staff during every class.

Jan \$129 Feb \$199/\$299 Mar \$199/\$299 Apr \$99/\$149

Limited to 30 Members in each age group.

DK CLUB MEMBERSHIP

Receive member rates on lessons, camps, clinics, rentals and a DK Academy T-shirt.
\$75 for 12 months

DIAMOND KINGS STAFF

Our professional instructors are all current or former college coaches and most have played professionally in the United States or overseas. More importantly, they all share the belief that an exceptional work ethic, coupled with the highest level of professional instruction facilitate self confidence in each player's on-field and off-field abilities.

New England Knights BASEBALL CLUB TRYOUTS

For ages 13,14,16u
Visit dkacademy.com for info or to register.



TO REGISTER OR FOR MORE INFORMATION:
Call: 860-584-1386
Click: www.dkacademy.com
Email: info@dkacademy.com

Check out our **Parisi Memberships and Pre-Season Conditioning Camps** for Baseball, Softball, Golf, Tennis, Soccer, and Lacrosse by visiting www.parisischool.com.

The Parisi Speed School has been providing unique speed training programs for all athletes, of all sports, for more than 18 years. Parisi Speed School has trained well over 100,000 athletes ranging from youth beginner levels to world class professionals in every major sport and the Olympics. Our speed training and speed enhancement programs and schools have become nationally renown with 49 locations across the country.



PERFORMANCE PROVEN.
Call today to get started. 860-314-0122