

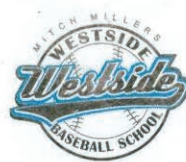
**Private Lessons  
Winter Camps  
Summer Camps  
Wood Bat  
Party's**

For information Call:  
**Westside Baseball School**


Phone: (310) 472-4279

[westsidebaseballschooll@gmail.com](mailto:westsidebaseballschooll@gmail.com)

[www.westsidebaseballschooll.net](http://www.westsidebaseballschooll.net)



## Westside Baseball School

The outstanding Staff of Westside Baseball School is directed by Mitch Miller. Mitch is currently a scout with the Kansas City Royals. He was an assistant coach for the UCLA Bruins. He has over fifteen years of experience with youths throughout the U.S., Puerto Rico, Dominican Republic and Europe, conducting clinics and camps. The Westside Baseball School instructional staff consists of college coaches, major league scouts and former professional players. All instructors have had many years of camp experience working with youths, developing baseball players. 

## Mission Statement:

Thank you for your interest in the "Westside Baseball School". The school possesses some of the finest instructors in the Los Angeles Area. The school's mission is to hone each player's skill level. Regardless of the player's age, the school provides a platform from which the player will gain a better understanding of the game, and improve the player's fundamentals. The WBS concentrates on providing a safe, positive, and proactive learning environment. The regime includes drills, game situations, one-on-one instruction as well as small focus groups. The school's curriculum is not only designed for players but also coaches as well. The Staff of the Westside Baseball School provides a fun and productive learning environment. The instruction is geared to developing the individual player's immediate needs to make that player "the best" player possible.

Westside Baseball School foremost is to increase each players confidence and build a foundation to make him/her successful. Be ready to work and challenge yourself to be the best that you can.

We look forward to hearing from you or seeing you at our next camp or for some private instructions.

Best Regards,

Mitchell Miller  
(Director)

# Improve Your Baseball Skills

WITH PRIVATE LESSONS FROM WESTSIDE BASEBALL SCHOOL

**- Get The latest coaching tips that college and professional coaches are using to teach their players the game of baseball. -**

## WESTSIDE BASEBALL SCHOOL CAN HELP IN ALL PHASES OF BASEBALL:

- \*\* MECHANICS OF HITTING, PITCHING, AND FIELDING \*\***
- \*\* MENTAL APPROACH TO BASEBALL \*\***
- \*\* PLYOMETRICS AND SPEED TRAINING \*\***
- \*\* FIELDING DRILLS \*\***
- \*\* LIVE HITTING \*\***
- \*\* BUNTING \*\***

## Lessons Offered

One on One Session  
Package Of Four Sessions  
Package Of Two Players  
Team Package Available  
Coaching Clinics



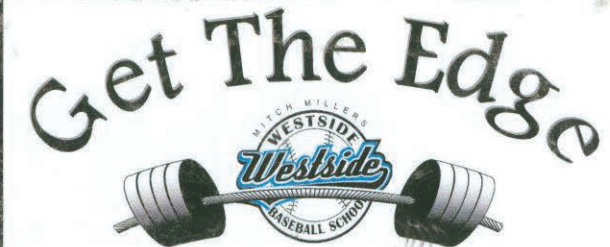
# Baseball Birthday Parties!!!

If you love playing baseball and want to have a great fun time at one's birthday party, Westside Baseball School is available to conduct a real game of baseball for your son or daughter and their friends. Which includes playing with bases, whiffle balls or even baseballs that are used in T-ball or at the little league level.

We can design your party any way you wish!!! Plenty of chewing gum to chew with uniforms and hats. Along with Baseball Trivia!!

## Birthday Party Includes the following:

Whiffe Ball Game, Base Running,  
Throwing for Distance, and Relays



**Improve Speed, Agility and Strength**

The Westside Baseball School would like to take this opportunity to introduce you to the **Performance Enhancement Program**. The purpose of this program is to improve and expose the individual athlete to a better understanding of the principles behind strength training, speed development, and prevention of injuries, with range of motion along with nutrition. The Staff is dedicated to improving the athletes performance skill level while giving them the edge to be successful.

## Performance Objectives

- a. Plyometrics
- b. Development sport specific strength
- c. Train movement, not muscles
- d. Development core strength
- e. Improve speed, quickness, and agility
- f. Balance, body control and coordination
- g. Stability
- h. Train and build power and strength before strength endurance
- i. Develop multi-dimension movement
- j. Core training
- k. Improve flexibility and range of motion (R.O.M.)
- l. Nutrition