

Video Analysis

Right View Pro Software



- Includes 10 swings or pitches taped at 60/fps (twice as fast as normal video)
- Full video analysis of your hitting/pitching mechanics compared to 3 professional players of your choice
- Receive a print-out which can be used to analyze the 10 precise segments of your swing or pitching mechanics.
- The Right View Pro Instructional System is the most advanced, the most comprehensive, and most effective product on the market. The Right View Pro enables the instructor to break down the swing or pitching mechanics into precise segments compared to the best professional players today.

Rates

Single Lesson

½ Hour \$40.00
1 Hour \$80.00

Group Lesson

½ Hour \$50.00 2-4 players
1 Hour \$100.00 2-4 players
*recommend 1 hour for the 1st lesson

Video Analysis

Right View Pro System

Individual

½ Hour Session \$50.00

Group

1 Hour Session

2 players \$100.00

3-5 players \$120.00

Team (8 or more)

½ Hour Tape Session

1 Hour Review Session

\$20.00 per player

Group Packages

*recommend 1 hour for the 1st lesson

Individual Packages:

10 half-hour lessons: \$350

10 half-hour lessons w/video analysis \$375

Group Packages:

10 half-hour group lessons:

2 Students = \$375 / \$400 w/ video analysis

3 Students = \$400 / \$425 w/ video analysis

4 Students = \$425 / \$450 w/ video analysis

*swing will be analyzed 2 times for all video

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Coaching Experience

- **Niles West High School**, Skokie, Illinois
Varsity Assistant
February 2003 – Present
- **ChicagoLand Collegiate Baseball League / www.clcbl.com**
President
-Wood bat summer collegiate baseball league
- **Bulls Sox Training Academy / Chicago White Sox Training Centers**, Lisle, Illinois
Team Leader/Private Instructor
June 2000 – June 2004
-Team leader for summer camps
-Private and group instruction
-Thrown batting practice to the Chicago White Sox
- **Grand Slam U.S.A.**, Lisle, Illinois
Private Instructor
September 2000 – April 2001
-Private and group instruction
-Coordinated extended training camps
- **Illinois State University**, Normal, Illinois
Assistant Coach
August 1999 – May 2000
-Focused on coaching catchers and working with the pitching staff



Playing Experience

PROFESSIONAL

- **Rockford Riverhawks**, Rockford, Illinois
Independent Frontier League, Summer 2002
- **Richmond Roosters**, Richmond, Indiana
Independent Frontier League, Summer 2002
- **Springfield Capitals**, Springfield, Illinois
Independent Frontier League, Summer 2001
-Spent parts of two seasons with three different frontier league teams
-Played for ex-major league all-star Dick Schofield

COLLEGE

- **Illinois State University**, Normal, Illinois
-2 year varsity letter winner
-Lead team with .377 batting average in 1999
-Contributed to a school record 35 games
- **Parkland College**, Champaign, Illinois
-2 year varsity letter winner
-CCCI 1st team All-Conference
-1st team All-Region 11
-Athletic Directors Honor Roll, Parkland College, 1995 – 1997
- **Summer Baseball:** Twin City Stars of the Central Illinois Collegiate League, Bloomington Bobcats, Wheaton White Sox
*All Star selection for the CICL in 1998

HIGH SCHOOL

- **Wheaton North High School**, Wheaton, Illinois
-2 year varsity letter winner
-DVC All-Conference Team
-Daily Herald 1st team All-Area

WHAT YOU ARE PAYING FOR?

- Instruction in Hitting, Catching, Pitching, or Infield
- Drill Work
- Video Analysis
- Parent participation
- Total Mental and Physical approach and the ability to apply what the student has learned to the game of baseball

WHO IS WELCOME AND WHAT DO YOU NEED?

- Ages 8 and up
- Equipment will be supplied, with the exception of mitt and bat etc.

DRILLS

HITTING:

Swing Breakdown / Tee Work / Soft Toss (3) / Drop Drill / Short Toss / Vision Training

CATCHING:

Receiving / Blocking / Footwork / Throwing / Quick feet / Calling a Game / Mental Preparation
All other aspects of the game

PITCHING:

Throwing Drills / Balance Drills / Bullpen Work / Fielding your position / Pickoffs / Mental Preparation / Conditioning (arm & body)

INFIELD:

Quick Toss / Footwork / Double Plays / Set-up / Speed Training