

# SLi Academy



**SLi Academy will provide a one-day class on understanding your swing, improving your swing, and utilizing tools to be the best slow pitch softball hitter you can be.**

## **Softball Hitting Academy Details**

Our classes include much more than just practice. We include mental and physical information to improve your approach as well as muscle memory. It requires knowledge and hard work to become an improved softball hitter.

- **Instruction and drills on overall swing mechanics.**
- **Hitting instructor analysis of your swing using a Batting Tee with a video recording of your swing, drills and instruction from Hitting Pros.**
- **Data and analysis of your bat speed (before and after hitting the ball), time to the ball, hand speed, swing path, and exit speed.**
- **An electronic portfolio of your individual lessons, drills and practice you learned at the Academy, to reference at home.**



Steve Imlay has participated in slow-pitch softball on a national level for more than 40 years. He has been inducted into the ASA Indiana Hall of Fame, Senior Softball Hall of Fame and the Florida Senior Softball Legends Hall of Fame. He has served as a pro hitting instructor for Softball Magazine's Senior camp and Spring Training camps. He is a nationally-rated Major Plus player and has signed on as a member of Adidas' Pro Hitter Staff.

**Check schedule of upcoming one day hitting camps at [SliAcademy.com](http://SliAcademy.com) in:**

**Palm Springs, Ca area April 17, 2019**

**DeMuth Park Field #5 4375 Mesquite Ave.**

**Palm Springs, Ca**

To sign-up for a clinic, check out Steve's website here: <https://sliacademy.com/clinic/>