



# Hit & Run is Proud to Announce:

9th Annual March 2018  
Pre-Season Baseball / Softball Warm-Up

For Ages 5 to 12

March 14th, 21st, 28th & April 4

## Who are the Main Instructors?

**Alex Guerra**—Alex Guerra is a GR8 trainer and comes to Hit & Run after a standout career at Franklin & Marshall College in Lancaster, PA. Alex earned a spot on the All Mid-Atlantic Region team after his senior year and ranks in the top-10 in several career statistical categories at F&M including ERA, wins, innings pitched, games started, and shutouts. Prior to F&M, Alex played baseball at Randolph High School, where he and his teammates went on to win the first state championship in school history. Despite ending his playing career, Alex remained loyal to the game, finding a coaching opportunity at his alma mater, Randolph High School, and becoming the Manager of the freshman team in the 2016 season. He also has experience coaching summer travel teams and legion teams. In his free time, Alex still plays baseball in a recreational Sunday league and is a competitive CrossFit athlete. We are excited to have Alex as a part of our staff and are sure our clients will enjoy learning from his experiences.

**Kyle Warden**—Kyle Graduated from Pope John in 2011 after finishing 2nd in the state his senior year. Kyle attended Iona College in the fall 2011 as a closing pitcher where during his first year a back injury quickly ended his D1 career. His sophomore year he transferred to Rutgers University and rehabbed enough to play at the club level for his junior and senior year. While playing for the club team he also acted as the pitching coach, one of the captains, and achieved all region status.

### HIGHLIGHTS:

Low coach to player ratio  
which means more instruction

### Corrective Drills:

- Hitting
- Fielding
- Throwing

### Parent—Player Workshop:

- Reinforce
- Encourage
- Knowledge

### Fun & Instructional:

- Positive
- Energetic
- Passionate

## Pricing—Availability—Registrations

**T-Ball & Clinic Ages 5—8 (4 Sessions):**  
CLINIC LIMITED TO 25 PARTICIPANTS  
**\$100 per Child** (\$25 Sibling Discount)  
Members: \$85

**Dates and times are:**  
3/14, 3/21, 3/28 & 4/4 (Wednesday)  
From 6:00PM to 7:00PM

**Minors & Majors Ages 9—12 (4 Sessions):**  
CLINIC LIMITED TO 25 PARTICIPANTS  
**\$100 per Child** (\$25 Sibling Discount)  
Members: \$85

**Dates and times are:**  
3/14, 3/21, 3/28 & 4/4 (Wednesday)  
From 7:00PM to 8:00PM

### 4 Ways to Register:

- ✕ On-Line <http://www.hitnrun.us>
- ✕ E-Mail us [info@hitnrun.us](mailto:info@hitnrun.us)
- ✕ Visit Hit & Run
- ✕ Call: 973-601-3117

## Additional Options:

Private One-on-One Lessons and Instruction

Parisi Speed School Training (Speed & Agility)

Ask about our Video Analysis w/ Corrective Drill Techniques

Hit & Run Sports Center  
15 Weldon Road  
Lake Hopatcong NJ 07849  
<http://www.hitnrun.us>— [info@hitnrun.us](mailto:info@hitnrun.us)  
(973) 601-3117