

SOUTHERN PERFORMANCE INSTITUTE

FALL PLAYER DEVELOPMENT CURRICULUM



SCAN HERE TO REGISTER REGISTRATION AND FEES ARE WAIVED FOR CURRENT KNIGHTS PLAYERS



OVERVIEW

- A series of 26 clinics focusing on offensive and defensive development, pitching defense, arm care, and more.
- Each session will start with stretching and a dynamic warm-up and postsession open hitting will be supervised by qualified coaches.
- Pre-registration is required. \$300 for entire curriculum (no prorating).
- This program is included in the Knights annual fees. Knights players do NOT need to register.

OFFENSIVE DEVELOPMENT

Thursdays

DEFENSIVE DEVELOPMENT

