

**POWER Baseball Academy Packages  
(per person) »»**

Type	Workouts	Rate	Total
Individual (1)	8	\$60	\$480
Small Group (2-3)	8	\$40	\$320
Group (4)	8	\$30	\$240

Each workout is one hour in length.

- Monday, Tuesday and Friday, 6 – 10 p.m.
- Saturday from 9 a.m. – 5 p.m.
- Sunday and daytime hours during the summer months available per request.

A POWER option which includes strength, agility and quickness training can be purchased in conjunction with Sanford POWER Baseball Academy Packages. The Sanford POWER program option can be coordinated with workouts to help an athlete achieve their maximum potential.

**POWER workouts can be purchased at a reduced price when purchased with the Sanford POWER Baseball Academy.**

When working with the Sanford POWER Baseball Academy as well as the Sanford POWER program a player will be able to physically maximize their efforts to become the most complete and all-around baseball player they can be. They will also be working with specialized off the field training instructor to teach them which strengthening exercises and agility workouts will help to improve their baseball game the most.

“I have had the opportunity to learn from Coach Phillips for three years, in which I have grown to trust his input and knowledge about the game of baseball and especially hitting mechanics. What I like most about Coach Phillips is that he keeps things simple. He also does not try to radically change what kind of hitter you are, but works with you and your strengths while at the same time improving on your weaknesses. Coach Phillips has my utmost respect as a hitting coach and in the time I have spent with him I have learned a lot.”

**- Brett Carroll, OF, Florida Marlins**

“Coach Phillips has been extremely big in my development with game of baseball and most importantly hitting. Coach Phillips has played an important role in my making it to the big leagues!”

**- Jay Miller, OF, Florida Marlins**



sanfordpowercenter.com

**Sanford POWER  
Baseball Academy**

**Be Your Best!**  
(605) 328-1660

**POWER  
CENTER**

sanfordpowercenter.com



**Steve Phillips, Jr**  
**POWER Baseball Academy Instructor**

The Sanford POWER Baseball Academy is proud to announce Steve Phillips Jr. as program director.

Steve played professional baseball from 1991-97 including a four year stint in the New York Yankees organization before becoming the Hitting Coach for the “AA & A” affiliate of the Montreal Expos.

Steve managed the Florida Marlins “A” affiliate from 1999-2004. In 2006, he was selected as the Hitting Coach for the “AAA” affiliate of the Florida Marlins where he coached for two years. He has managed or coached numerous Major League Baseball players including: Jason Bay (Boston Red Sox), Grady Sizemore (Cleveland Indians), Dontrelle Willis (Detroit Tigers), Josh Johnson (Florida Marlins) and Chris Coghlan (Florida Marlins).



[sanfordpowercenter.com](http://sanfordpowercenter.com)

**What is POWER Baseball? »»**

- For many who have seen baseball at higher levels, they realize that hitters have many different batting stances, postures and swings. We believe in the philosophy of allowing each young hitter to remain an individual in reference to their style, while helping them understand what is necessary to becoming a fundamentally sound hitter.
- We will develop an individualized plan based on each hitters swing and drill work to help maximize their progress.
- We will provide a video analysis to give each hitter visual reinforcement to speed up the learning process.
- We will have the ability on video to compare all of our hitters side-by-side with many players at the big league level. This allows us to compare the swing mechanics with these major league players, and compare each hitter’s swing and track how it progresses throughout the year.

**POWER Promises to »»**

- Sports specific ground based training incorporating the latest in strength development, speed, agility and explosive power.
- To teach proper training techniques for safety and efficiency based on scientific principals of training supported by the National Strength and Conditioning Association (NSCA).
- To be a NSCA athletic test site allowing us to evaluate and compare test results according to a National Athletic Index.

**Professional Staff »»**

**Our expert and experienced staff includes:**

- NSCA Certified Strength & Conditioning Specialists and Certified Athletic Trainers
- Physical Therapists

**POWER Baseball Academy Hours »»**

Monday, Tuesday and Friday, 6 – 10 p.m., Saturday from 9 a.m. – 5 p.m.

Sunday and daytime hours during the summer months available per request. Hours flexible based on availability.

**POWER Center Hours**

Monday - Friday • 5:30 a.m. – 9 p.m. | Saturday • 7 a.m. – 7 p.m. | Sunday • Noon – 7 p.m. (if scheduled)

For available times, call (605) 328-1660 or email [powerbasketball@sanfordhealth.org](mailto:powerbasketball@sanfordhealth.org)

**Our Mission »»**

Sanford’s POWER Baseball Academy has developed a program that provides an advanced learning environment for youth baseball players of all ages.

