



OUTSIDE THE BOX:

WEEKLY HITTER DISCUSSIONS

TUESDAYS 7PM EST

KYLE BRENNAN – HOUSTON ASTROS
DWAYNE PAGE & MARC WANGENSTEIN
OF CONNETQUOT HS

Through **INTERACTIVE** zoom meetings. Players will embark on a professional-level hitting conversation with coaches Kyle Brennan, Dwayne Page, and Marc Wangenstein:

- ❑ Mindset, Performance Psychology
- ❑ Video Analysis of MLB Players
- ❑ Advanced Stats and Analytics
- ❑ Attacking the Offseason
- ❑ Creating an Approach
- ❑ Timing and Rhythm
- ❑ In-season adjustments
- ❑ Baseball Performance advice
- ❑ Hitter Movement Prep
- ❑ Biomechanical breakdown of the Swing
- ❑ Drill Design
- ❑ The Art of Preparation
- ❑ Leadership Discussion
- ❑ Hitter Identity, Lineup Construction, and doing your job
- ❑ Sports Science considerations

Single Class \$35
Total Package \$385 (\$27.50/ea)
SESSION I \$210 (\$30/ea)

Tuesdays at 8:15 pm est.

Nov 22+29, Dec 6+13+20+27, Jan 3rd (7 sessions)

SESSION II \$210 (\$30/ea)

Tuesdays at 8:15 pm est.

Jan 10+17+24+31, Feb 7+14+21 (7 sessions)

Kyle Brennan:

- Minor League Coach: Houston Astros
- Certified Strength and Conditioning Specialist
- Certified Mobility Specialist
- 5 year Division 1 player
- @Brennan...BaseballPerformance

Please email kyle@kylejbrennan.com to register!

Marc Wangenstein:

- All Time RBI Leader at D1 Albany
- Second all-time in HRs and 3Bs
- Connetquot HS Assistant Coach
- Sought-after Long Island Instructor

Dwayne Page:

- Connetquot High School Head Coach
- College Captain + Coach
- Leadership Development
- Highly sought-after Long Island Instructor