



HIT & RUN: INDOOR COMBO CLINIC *Hitting + Speed Training*

DATE: Sunday, Feb 12, 2023

TIME: 4:00 p.m. – 6:00 p.m.

AGES: 8- 13

LOCATION: Level Up Sports Performance, Mooresville, NC

COST: \$40.00

HIGHLIGHTS: Nathan Sharp & Amanda Allison Instructing

- * Baseball: Instruction Provided by Coach Nathan Sharp
 - Solid, fundamental hitting instruction
 - Fun-filled drills and skill competitions
 - Whiffle Ball Scrimmages
- * Speed & Quickness: Instruction Provided by Coach Amanda Allison
 - Speed training
 - Agility
 - Strength & Conditioning techniques



WHAT TO WEAR: Normal Baseball Attire - Hat, Glove, Tennis Shoes, etc.

WHAT TO BRING:

- Baseball Glove, Bat, Helmet, etc.
- Water Bottle



- **Limited Availability:** Registration limited to 12 Players

Register at www.soaringeaglesbaseball.com (Click on Register /Pre-Season Training)

Questions: Contact Nathan Sharp at n.sharp4g@gmail.com

Click on Page Down  **(Below Left) to View Instructor Bios**



NATHAN SHARP

Founder / Owner: Soaring Eagles Baseball Academy - *EST. 2012*

College

- **Lynchburg College: Starter at 3B / SS / LF**
 - Career Batting Average: .301
 - NCAA Honor Society
 - Hit 316 with 5 Doubles & 2 Triples as a Junior
 - Led Lynchburg College in RBI's as a Sophomore
- **Played one year at Division I Presbyterian College**
- **Selected to 2012 American Legion All-Star Team**



High School: Southlake Christian Academy

- **3-Year Starter at Shortstop / Pitcher**
- **Co-Captain: 2011 State Championship Team**
- **Junior/Senior Years: Hit 491 with 23 Home Runs**
- **All-State / All-Conference: Junior & Senior Years**
- **Player of the Year: Lake Norman Area - 2010**
- **Charlotte Observer: 1st Team Mecklenburg County**
- **Christian Character Award**
- **Heart & Hustle Award**
- **Wendy's Heisman Award**





AMANDA ALLISON, BS, CSCS, SCC

Professional / Business

- **Founder / Owner: Level Up Sports Performance - EST. 2015**
- **Head Strength & Speed Coach**
- **Concentrated training in Volleyball, Softball, Speed & Quickness, Strength & Conditioning, and Mental Toughness**
- **Former Varsity Volleyball Coach at Pine Lake Prep High**
- **Worked at Thomas Physical & Hand Therapy and K2 Sports Therapy, gaining understanding of preventive exercises and cues in rehabilitation**
- **Led Physical Education classes for NC Home School Program**

College: UNCC

- **Earned a bachelor's degree in Exercise Science with a Concentration in Strength & Conditioning**
- **Worked under several Division I Strength & Conditioning Head Coaches while at UNCC, gaining valuable experience and knowledge in collegiate weightlifting and speed training techniques & regiments**

High School: Mooresville Senior High

- **Played Varsity Volleyball, Basketball, and Soccer**

