

# Concord Sports Center

## Matt Tupman Baseball Academy

Former Major League Baseball player and current Concord Sports Center instructor Matt Tupman will be offering open gym workouts at Concord Sports Center throughout the winter months. This is not only a great way to stay sharp over the winter but to learn the fundamentals of the game from one of the top coaches in the area. No preregistration required for this program.



Concord native Matt Tupman, a former standout at Plymouth State University and UMass-Lowell, made his Major League debut with the Kansas City Royals in 2008. Matt's travels also took him to the Dominican Republic where he starred for the Licey Tigers of the Dominican Winter League.

### Tupman Baseball Academy Dates (Ages 12 and Up)

November - 7th\*\*, 14th, 21st, 28th  
Sundays 9am - 10:30am

December - 5th, 12th, 19th, 26th  
Sundays 1pm - 2:30pm

January - 2nd, 9th, 16th, 23rd, 30th  
Sundays 2pm - 3:30pm

February - 6th, 13th, 20th, 27th  
Sundays 2pm - 3:30pm

March - 2nd, 9th, 16th, 23rd, 30th  
Wednesdays 8pm-9:30pm

March - 6th, 13th, 20th, 27th  
Sundays 2pm - 3:30pm

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**COST: \$20 per workout**

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- Open workouts will include
- Long Toss Program**
- Pitchers Bullpens**
- Hitting Stations, Machine Work**
- Baseball Conditioning**
- Hitting and Pitching Instruction from Matt Tupman**

Special Deal: Attend 10 workout dates and receive one FREE!



### **Professional Instruction**

Every Concord Sports Center instructor has participated at the college level with some playing professionally

### **AAU Baseball Program**

Concord Sports Center is the proud home of The Concord Cannons U9, U10, U11, U12, U13, U14, U15, U16 and U17 Team NH Showcase Team

### **Individual Yearly Memberships**

#### **Birthday Parties**

Parties last for two hours and they include:

- \* One hour of field games or cage rentals
  - \* Decorated tables and settings
- \* "Hershey's Ice Cream" birthday cake
  - \* Unlimited popcorn and soda
- \* FREE PLAY VIDEO GAMES

#### **Camps, Clinics and Leagues**

Rookie Baseball Camp, Youth Baseball Camp, Pitching and Catching Clinic, Hitting Clinic, Babe Ruth Clinic, Softball Pitching Clinic, Softball Hitting Clinic, Specialized School Vacation Camps, Indoor Baseball League, Indoor Youth Flag Football, Indoor Adult Flag Football, Indoor Coed Softball

#### **Two Indoor Fields With Synthetic Grass**

120 ft X 80 ft  
100ft X 70ft

#### **Five Batting Cages with "Jugs" Machines**

Three 90 ft cages Two 60 ft Cages  
Five indoor pitching tunnels

**Check out our website for more information**  
**WWW.CONCORDSPORTSCENTER.COM**

**Concord Sports Center**  
**2 Whitney Rd**  
**Concord, NH 03301**



**2010 - 2011**  
**Matt Tupman**  
**Open Baseball and Softball**  
**Workouts**



**Concord Sports Center**  
**2 Whitney Rd**  
**Concord, NH 03301**  
**Phone: (603)224-1655**

*[www.concordsportscenter.com](http://www.concordsportscenter.com)*