

# Ralph's Construction

"We build swings from the ground up!"

Add some muscle & lumber and mix in some good instruction and you got yourself a swing!



## PROFESSIONAL HITTING INSTRUCTION



Sessions are offered by **Ralph Dickenson, 33 years of professional coaching experience** from little leaguers to major leaguers. Instruction is available to any softball or baseball hitter desiring to improve their game. Developing a good swing is a process that includes patience, concentration, an intense work ethic and a time commitment. If it was easy to become a good hitter we could all do it. Developing or adjusting skills is very difficult both physically and mentally, not everyone can pull it off.

There are many instructional choices throughout the valley. We appreciate you taking the time to read this brochure which is an indication of your interest in elevating you game. Know that if you decide to work here that you will receive instruction based on proven, sound principles exhibited by the best hitters in baseball daily.

Coaches have many differing opinions on how the swing works. Many tapes, DVD's and CD's have been sold based on these opinions. Our instruction is not based on opinion but rather what actually happens. Each lesson begins with video analysis followed by work on the tee, flip, short pitch and BP building the swing based on video observation. The sessions are wrapped up with a video taping to set the tone for further sessions. Students are asked to do homework assignments in between sessions to become accountable for their development. We offer the information, the hitter's responsibility is to take it, learn it and make it part of their swing.



Learn the difference between substance and style. Develop a sound physical swing that will equip you for any level of play.

**All sessions are by appointment only.** For further information or to schedule a session please call Ralph Dickenson. Group and team pricing is also available in a cage or on a field with one or more coaches.

**(480)329-1485**

**Individual session pricing 30 min / \$35**

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