



Ryan Lehr

# Professional Baseball Instruction

Hitting – Fielding – Base Running

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## Give you child the extra edge!

Under the direction of Reggie Smith, a seven-time Major League All-Star and Gold Glove winner, **Ryan Lehr** has spent the past five years learning through Reggie's expertise, the mechanics that it takes to develop power in the swing through physics. Through Reggie's unique knowledge of physics, Ryan has learned to teach the most important and most misunderstood aspect.... That 85% of the power generated must come from the lower half of the body beginning in the hips.

An Atlanta Braves 8<sup>th</sup>-round draft-pick back in 1997, and Grossmont High School Alum, Ryan's professional experience spans over ten years as a player in both affiliated and independent baseball. Having spent time in the Braves, Orioles, Angels, Astros & Royals organizations, it is Ryan's goal to share the gifts that he has been given directly through personal instruction to the youth of San Diego.



Ryan provides one-on-one individual or group instruction for players of all ages and skill levels. Whether your child is a beginning tee-ball player or a seasoned little-leaguer, the training programs will be tailored for their specific development and training needs. The fact is that 9 out of 10 kids today have not learned the proper mechanics and proper techniques to hitting and fielding. Ryan brings a patient approach to teaching these skills.

All services are done at Cliffridge Park in La Jolla. For more information, and for half-hour or hourly rates contact Ryan at **619-846-8368** Or via email at [tnthitter7@yahoo.com](mailto:tnthitter7@yahoo.com).

