

PATRICK ADAMS

I am a professional baseball player with experience that ranges 4 seasons in 4 leagues. In the off-season I am a hitting instructor and baseball coach for the Lakeside Baseball and PK Prospects organizations. Along with coaching for those programs, I run hitting clinics and private lessons that has reached over 30 youth athletes. I am passionate about baseball, but also passionate about how I can optimize training for young players who don't have the luxury of being outdoor year-round. I have surrounded myself and connected with some of the most experienced baseball minds and I am excited to pass along some knowledge.

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