



Spring Baseball and Strength Training at Acceleration North

Acceleration North’s strength staff and baseball instructor Joe Boyce have designed a spring baseball training program that will focus on skills, strength, speed and agility. Up to 12 athletes can participate in these 90 minute training sessions from January through March. Each athlete will receive 9 total hours of training.

Training dates:

DATES: Thursday’s (January 28th- March 4th)

SESSIONS: 6 - 1.5 hour training sessions

AGE GROUP: 13 - 18 years old (7th - 12th grade)

TIME: 5:30pm - 7:00pm

COST: \$200 per athlete (includes video analysis)

Group training stations:

❖ 40 minutes of Baseball specific skills training

- Soft toss, tee work, live hitting and bunting with Instruction.
- Video analysis and breakdown of individuals swing
- Fielding / throwing agility drills

❖ 40 minutes of Baseball Strength, speed, and agility

- Plyometric and agility drills
- Power and conditioning drills
- Core, back, and hip strength drill
- Baseball specific agility drills

Acceleration North
3808 Dunlap St North
Arden Hills, MN 55112
www.accelerationmn.com

Fill out and mail with check to Acceleration North - 3808 Dunlap St N - Arden Hills, MN 55112

Athlete Nam	Age	Grade
Address		
City	ST	Zip
Email Address		
Phone #		

For registration questions please call:
Acceleration North - (651) 486-0020
Joe Boyce cell - (651) 319-2307

Register online:
www.accelerationmn.com
www.boyceball.com