



Baseball and Strength Training at Acceleration North

Joe Boyce and Acceleration North have designed baseball instructional training camps that will focus on skills, strength, balance, speed and agility. Up to 12 athletes can participate in these 90 minute training sessions from August, 2010 through May, 2011.

Group training stations:

- ❖ 40 minutes of Baseball specific skills training
- Soft toss, tee work, live hitting and bunting
- Insider bat training
- Balance and coordination
- Video analysis and breakdown of individuals swing
- Fielding / throwing 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

Please select camp or camps: Ages 10-18 years old

- Camp 1: Extended Season Camp 1:00pm - 2:30pm
Tuesday's and Thursday's August 10 - 26, 2010
- Camp 2: Fall Camp 6:00pm - 7:30pm
Tuesday's September 14 - October 19, 2010
- Camp 3: Winter Camp 5:45pm - 7:15pm
Monday's November 1 - December 6, 2010
- Camp 4: New Years Camp 5:45pm - 7:15pm
Thursday's January 6 - February 10, 2011
- Camp 5: Spring Camp 5:45pm - 7:15pm
Thursday's February 24 - March 31, 2011
- Camp 6: Pre Season Camp 5:45pm - 7:15pm
Thursday's April 14 - May 19, 2011

The cost for each camp is \$195

Participation is limited to 12 athletes per camp

Please call Acceleration North to secure your camp registration today!

Acceleration North
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Arden Hills, MN 55112
www.accelerationmn.com

For registration and questions please call:
Acceleration North - (651) 486-0020