



WINTER TRAINING CAMP

PROGRAM INFORMATION:

- MONDAY NIGHTS
WHEN: JANUARY 16TH, 2012 - FEBRUARY 13TH, 2012
TIME: 6:00-8:00PM
- 1 HOUR HITTING & 1 HOUR SPEED AND CONDITIONING
- MAXIMUM STUDENT/TRAINER RATIO IS 8:1

TRAINING TO INCLUDE:

HITTING TRAINING:

- SOFT TOSS
- TEE WORK
- LIVE HITTING AND BUNTING

BASEBALL SPEED AND CONDITIONING

- PLYOMETRICS AND AGILITY DRILLS
- CORE, BACK AND HIP STRENGTH DRILLS
- BASEBALL SPECIFIC AGILITY DRILLS

First Time offer for
\$150 per athlete
Usually \$200!

**PLEASE CALL TOM @ 651-490-7898
TO RESERVE YOUR SPOT TODAY!**



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