

E29 BASEBALL

SPRING / SUMMER 2009

MORNING YOUTH SOFTBALL TRAINING, players age 5 to 12 with a limit of 10 players, 2 times per week for 3 hours for 3 weeks with Megan and Taryn. 18 hours of training for \$300 per player! , focus will be on solid basic fundamentals of hitting, fielding, stretching, footwork, an introduction to speed and agility and throwing mechanics. Individual pitching and hitting instruction is also available!

MORNING BASEBALL BOOT CAMP, players age 10 and up, twice a week, for one hour, for 3 weeks with a 5 player maximum, \$250 per player. Players will focus solely on speed strength and agility as it applies to the game of baseball. Two sessions will be available. Boot camp is designed to work in addition to regular training and proper diet to help accelerate your game for the upcoming season!

MORNING YOUTH BASEBALL TRAINING, players age 6 to 10 with a limit of 15 players, First session is July 6th thru 10th, 9am to 12pm, \$125 per player. 15 hours of instruction on stretching, warm up, tee work, fielding, footwork, hitting, throwing, teamwork and sportsmanship!

MUCH MORE TO COME!!!!!!!!!!!!!!!!!!!!!!

