

Baseball & Softball Spring 2009 Programs

Programs for Ages 5-7

Rookie Skills Class (Ages 5-7)

Start them on the right track in skill development with an hour of throwing, fielding and hitting training that will combine gross motor development in a creative, fun atmosphere. Class length: 60 minutes. Cost: \$180

Session 1: **Option A: Mondays**
 Dates: March 30 – May 4
 Time: 4pm to 5pm

Option B: Mondays
 Dates: March 30 – May 4
 Time: 5pm to 6pm

Option C: Wednesdays
 Dates: April 1 – May 6
 Time: 4pm to 5pm

Option D: Wednesdays
 Dates: April 1 – May 6
 Time: 5pm to 6pm

Session 2: **Option A: Mondays**
 Dates: May 11 – June 15
 Time: 4pm to 5pm

Option B: Mondays
 Dates: May 11 – June 15
 Time: 5pm to 6pm

Option C: Wednesdays
 Dates: May 13 – June 17
 Time: 4pm to 5pm

Option D: Wednesdays
 Dates: May 13 – June 15
 Time: 5pm to 6pm

Single A (Ages 5-6)

Class that focuses on skill development and game concepts. An hour long game along with an introduction to integrative dynamic movements. Class length: 90 minutes. Cost: \$200

Session 1: **Saturdays**
 Date: April 4 – May 9
 Time: 9am to 10:30am

Session 2: **Saturdays**
 Date: May 16 – June 20
 Time: 9am to 10:30am

Double A (Ages 6-7)

The program will be an expansion on the skill development process, and advanced game concepts with live games for the athletes to implement their baseball skills and knowledge. Class Length: 90 minutes. Cost: \$180

Session 1: **Saturdays**
 Date: April 4th – May 9th
 Time: 10:30am to 12pm

Session 2: **Saturdays**
 Date: May 16th – June 20th
 Time: 10:30am to 12pm

Programs for Ages 8-12

MASH

(Make, Aggressive, Swings, Happen) This innovative class is designed to raise your hitting to the next level through intense swing development and functional core rotational power training. Class length 60 minutes. Cost: \$180

Session 1 **Option A: Mondays**
 Date: March 30 – May 4
 Time: 6pm to 7pm

Option B: Wednesdays
 Date: April 1 – May 6
 Time: 7pm to 8pm

Session 2 **Option A: Mondays**
 Date: May 11 – June 15
 Time: 6pm to 7pm

Option B: Wednesdays
 Date: May 13 – June 17
 Time: 7pm to 8pm

Shake'm Off Pitching

This unique class is structured to develop your delivery and the biomechanical efficiency of your arm speed. Class length: 60 minutes. Cost: \$180

Session 1 **Option A: Mondays**
 Date: March 30 – May 4
 Time: 7pm to 8pm

Option B: Wednesdays
 Date: April 1 – May 6
 Time: 6pm to 7pm

Session 2 **Option A: Mondays**
 Date: May 11 – June 15
 Time: 7pm to 8pm

Option B: Wednesdays
 Date: May 13 – June 17
 Time: 6pm to 7pm

Back Stop Catching

Covers all phases from blocking, receiving and throwing to game management knowledge, with emphasis on physical longevity. Class length: 60 minutes. Cost: \$180

Session 1 **Option A: Tuesdays**
 Date: March 31 – May 5
 Time: 6pm to 7pm

Option B: Thursdays
 Date: April 2 – May 7
 Time: 7pm to 8pm

Session 2 **Option A: Tuesdays**
 Date: May 12 – June 16
 Time: 6pm to 7pm

Option B: Thursdays
 Date: May 14 – June 18
 Time: 7pm to 8pm

Programs for Ages 13+

3000 Hit Club

Not getting enough swings during your season? Come get your swings in, and further your development. Class length: 60 minutes. Cost: \$180

Session 1 **Option A: Tuesdays**
 Date: March 31 – May 5
 Time: 8pm to 9pm

Option B: Thursdays
 Date: April 2 – May 7
 Time: 8pm to 9pm

Session 2: **Option A: Tuesdays**
 Date: May 12 – June 16
 Time: 8pm to 9pm

Option B: Thursdays
 Date: May 14 – June 18
 Time: 8pm to 9pm

Same Page Pitchers/Catcher

Innovative program that gets pitchers the knowledge to stay healthy and hone their craft as well as catchers fine tuning their trade and understanding game management. Class length: 90 minutes. Cost: \$200

Session 1 **Option A: Mondays**
 Date: March 30 – May 4
 Time: 8pm to 9:30pm

Option B: Wednesdays
 Date: April 1 – May 6
 Time: 8pm to 9:30pm

Session 2 **Option A: Mondays**
 Date: May 11 – June 15
 Time: 8pm to 9:30pm

Option B: Wednesdays
 Date: May 13 – June 17
 Time: 8pm to 9:30pm

Programs for Softball Ages 8-12

3000 Hit Club

Not getting enough swings during your season? Come get your swings in, and further your development. Class length: 60 minutes. Cost: \$180

Session 1 **Option A: Tuesdays**
 Date: March 31 – May 5
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 Date: April 2 – May 7
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Session 2 **Option A: Tuesdays**
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Private Lessons

Middle School, High School & College Lessons

- Focus on personally determined hitting, fielding, pitching or defense skill development – 45 minutes
- Focus on customized Baseball specific Power, Agility and Speed Development – 15 minutes

As leaders in sports performance development we know elite sports performance requires both:

- Exceptional sport specific skill and knowledge
- Comprehensive biomechanical strength and conditioning

No athlete succeeds at the most competitive levels without both. That is "How Athletes Train."

Cost: All private lesson packages are purchased in blocks of 8

# of Athletes:	1	2	3	4	5	6
Cost per Athlete:	\$60	\$50	\$45	\$40	\$35	\$30

Coaches – call for additional team package options.

Lessons for Ages 10 and Under

Baseball and Softball Lessons are 30 minutes in duration. Cost: \$45 per session.