



SPORT SPECIFIC TRAINING



Future Fitness Sport Specific Training & Baseball City are teaming up! "No Excuses" Strength & Skills Program

Future Fitness

- -The Team - -

Baseball City

Athletes will improve:

- First step quickness
- Proper running technique
- Core Strength
- Flexibility
- Lateral movement
- Strength and Power
- Sport Specific Training Methods

Pitchers

Long toss, live throwing, increase your velocity and power, learn new pitches, learn how to put a hitter away and more.

Hitters

Live batting, high energy hitting drills, increase your bat speed, learn to hit longer and farther . Live pitching

Location: Baseball City
216 Murphy Road
Hartford, CT 06114

Grades 8 thru 12
45 min. skills/45 min. training
For Information: 860-527-CITY

First Session: 40 days "No Excuses" Tuesdays/Thursdays
3:30-5:00 - Oct. 23rd through Mar. 6th Cost: \$399.00 per athlete

Second Session: 20 days "No Excuses" Mondays/Wednesdays
3:30-5:00- Jan. 7th through March 12th Cost: \$199.00 per athlete

"No Excuses" Strength and Conditioning Program

To Register: Drop off or send check made out to Baseball City to above address

Name _____ E-mail _____

Phone _____ First Session \$ _____ 2nd Session \$ _____

Parent/Guardian Signature (if under 18) _____