INDIVIDUAL TRAINING

Session 2

Baseball Skills Training
&
"No Excuses" Strength & Conditioning Program

Baseball Skills -- Combined With -- **Strength & Conditioning**

Pitchers:
Live throwing, long toss, increase your velocity and movement, 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 the professional way, face live pitching!

Fielders:
Pre-pitch movement, mental approach, fielding position, learn proper glove action, footwork, and transfers. Live groundballs!

Baseball City's Individual Training allows individual players to participate in baseball skills and strength and conditioning workouts in a team setting. Experience a Baseball City Team Workout this offseason!

Athletes Will Improve:
First Step Quickness
Proper Running Technique
Core strength
Lateral Movement
Strength and Power
Baseball Specific Training
Leg/Rotator Cuff Strength
Team Perseverance

20 Days "No Excuses"
45 min Baseball Skills
45 min Strength & Conditioning

BE THE BEST YOU CAN BE!

"NO EXCUSES" 20 DAYS, 10 WEEKS - 2 Days Per Week
Tuesdays & Thursdays 4:30-6:00
JANUARY 5TH THROUGH MARCH 11th 2010
COST: $199.00 PER ATHLETE (ages 13-18)

CUT HERE - REGISTRATION FORM

NAME _____ HOME ADDRESS/ZIP _____ PHONE _____

E-MAIL _____ AGE _____ TEAM _____

PAYMENT: Cash ( ) Check ( ) Credit Card ( )
$199 per athlete

"NO EXCUSES" INDIVIDUAL TRAINING SESSION 1

I/We hereby authorize Baseball City, LLC. to act in my/our behalf in obtaining appropriate emergency medical treatment for my son/daughter if I/we am/are unavailable to do so myself. In addition my son/daughter realizes sports are competitive and that injuries are part of the game. I/we assume all risks and hazards associated with this participation. I/we do hereby waive, release, absolve and agree to hold harmless Baseball City owners, staff and instructors for any claim arising out of injury to my son/daughter.

Parent Signature (if under 18) _____ Date _____ Child Signature _____ Date _____

***CHECKS PAYABLE TO* BASEBALL CITY** - 216 MURPHY ROAD, HARTFORD, CT 06114 www.baseballcityct.com 860/527-CITY