



**CONNECTICUT  
CAPITALS**

## TEAM 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!



#### **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—*YOU PICK THE DAYS***

**12 PLAYERS OR MORE PER TEAM!**

**JANUARY 4<sup>TH</sup> THROUGH MARCH 12<sup>th</sup> 2010**

**COST: \$150 PER ATHLETE**

CUT HERE - REGISTRATION FORM

NAME \_\_\_\_\_ HOME ADDRESS/ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_ TEAM \_\_\_\_\_ AGE \_\_\_\_\_

PAYMENT:      Cash (    )      Check (    )      Credit Card (    )  
\$150 per athlete

**“NO EXCUSES” TEAM TRAINING  
SESSION 2**

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 \_\_\_\_\_

Player Signature \_\_\_\_\_

Date \_\_\_\_\_