



# 6 WEEK AGILITY TRAINING SESSIONS



Our agility program is designed to help get our area athletes in the proper condition to handle the upcoming baseball season. This program will strengthen the core of the body to help with velocity and arm strength from any position. We promote arm health by using bands and light weights for shoulder strength and conditioning. To take away some of the pressure that throwing puts on the elbow, we work on hand and forearm training. We also focus on agility exercises, sprint work, overall strength, endurance and flexibility.

## Session 1

Mon/Wed  
6:30-7:30

9/30, 10/2, 10/7, 10/9, 10/14, 10/16  
10/21, 10/23, 10/28, 10/30, 11/4, 11/6

\$180

## Session 1

Tues/Thurs  
6:30-7:30

10/1, 10/3, 10/8, 10/10, 10/15, 10/17  
10/22, 10/24, 10/29, 11/1, 11/5, 11/7

\$180

## Session 2

Mon/Wed  
6:30-7:30

11/11, 11/13, 11/18, 11/20, 11/25, 11/27  
12/2, 12/4, 12/9, 12/11, 12/16, 12/18

\$180

826B Enterprise Street

Cape Girardeau MO 63703

573-803-1099

WWW.BNSSPORTS.US

Player Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone 1 \_\_\_\_\_ Phone 2 \_\_\_\_\_

Email \_\_\_\_\_

Parent Signature \_\_\_\_\_

I hereby authorize the director of the Balls n Strikes camp to act for me according to his/her best judgement in an emergency requiring medical attention. I know of no mental or physical problems which might affect my child's ability to safely participate in this camp. I will be responsible for any medical or any other charges in connection with his attendance at camp. I agree to abide by the rules and regulations of the camp.