

2016 Agility Training Program

at Balls N Strikes Cape Girardeau



Instructor - Skyler Cobb

- Former D1 Pitcher
- Exercise Science Major
- Personal trainer

6 week program including 12 sessions

Mondays & Wednesdays

6:30-7:30

\$180

November-

14, 16, 21, 23, 28, 30

December-

5, 7, 12, 14, 19, 21

Balls N Strikes
826B Enterprise Street
Cape Girardeau, MO 63703
573-803-1099

www.bnssports.us

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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 your 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.

Name _____ Birthdate _____

Address _____

City _____ State _____ Zip _____

Phone # _____ Email _____

Parent/Guardian Signature _____

I hereby authorize the director of the Balls -n- Strikes program to act for me according to his/her best judgment 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 program. I will be responsible for any medical or any other charges in connection with his attendance at Balls N Strikes. I agree to abide by the rules and regulations of the program.