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| |  | | --- | | **DO YOU KNOW WHAT THE DIFFERENCE BETWEEN HITTING .330 & .400 IS? THAT'S 7 HITS IN 100 AT BATS. ARE YOU WILLING TO WORK HARDER FOR THOSE 7 HITS?** | |

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| |  |  | | --- | --- | | |  | | --- | | This dynamic 4 week program is designed to improve your swing at the plate.  At Balls N Strikes, our staff is made up of ex Professional players, college players and coaches.  We will train you in the following areas: Stance & Core, Stability, Swing, Timing & Synchronization, Plan at the Plate, and Reaction Time. | | |

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| |  | | --- | | 4 WEEK PROGRESSIVE PROGRAM   2 CLASSES PER WEEK  CLASSES: WEDNESDAY 6-7 or 7-8                 SATURDAY 12-1 or 1-2 |  |  | | --- | | Session 1          10/15-11/8 Session 2          11/12-12/6 Session 3          12/10-1/3 Session 4          1/7-1/31 Session 5          2/4-2/28 Session 6          3/4-3/28 | |