



# SPEED & POWER CLASSES

**\$175**  
**AGES 10-14**

**TOTAL OF 12 WORKOUTS**

**10 AM - 11 AM**  
**TUESDAYS & THURSDAYS**  
**FOR 6 WEEKS STARTING JUNE 2**

This is a dynamic training program that will help baseball players become better athletes, which will produce a more explosive player. We will focus on the critical first five steps (this is what separates elite players from their competition). They steal bases and take the extra base when others get thrown out. They get to ground balls and fly balls that others only wish they could. This 6-week progressive training program will focus on lower body, core, flexibility and overall body strengthening. The program is a combined effort of over 10 years of Pro Baseball's best trainers within the Phillies and Cardinals organizations.

As a bonus, we will have 30 minutes of hitting pre-workout. This will be more of an open hitting session where our trainers will do drills and throw batting practice.



## SPEED & POWER CLASS

Please mail form to Balls-n-Strikes Sherwood, 408 Manson Rd #450, Sherwood, AR 72120

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

Address \_\_\_\_\_

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

Phone H \_\_\_\_\_ Phone W \_\_\_\_\_ Phone C \_\_\_\_\_

Parents Names \_\_\_\_\_ Email \_\_\_\_\_

Parent/Guardian Name & Signature \_\_\_\_\_

I hereby authorize the director of the Balls-n-Strikes camp 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 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.

Credit Card # (MC, VISA, Discover) \_\_\_\_\_ Exp \_\_\_\_/\_\_\_\_

Credit Card Signature \_\_\_\_\_ 3 Digit Code \_\_\_\_\_

