



Babe Ruth/High School Strength and Conditioning Off-Season Program



Four times a week this class will focus on strengthening a player's speed and agility for the upcoming season. There is no weight-lifting, it is purely resistance training; medicine ball work, speed drills, plyo box jumps, etc.

Ages: 13 and above (Babe Ruth and High School) Max of 12 Participants

Notes: 11 and 12 year olds wanting to work with older players is acceptable.

Time: 7-8 p.m.

| December | January | February | March |
|---------------------------------|--|-------------------------------|-------------------------|
| 5,6,7,8,12,13,14,15,19,20,21,22 | 2,3,4,5,9,10,11,12,16,17,18,19,23,24,25,26,30,31 | 1,2,6,7,8,9,13,14,15,16,27,28 | 1,2,6,7,8,9,13,14,15,16 |

Cost:

All days in session (52): \$260 (\$5/day)

40 days in session: \$240 (\$6/day)

30 days in session: \$210 (\$7/day)

20 days in session: \$160 (\$8/day)

15 days in session: \$135(\$9/day)

Price if combine with hitting*

All days in session (39): \$780 (\$20/day)

30 days in session: \$620 (\$22/day)

25 days in session: \$600 (\$24/day)

20 days in session: \$520 (\$26/day)

15 days in session: \$420 (\$28/day)

\$10 walk in price

\$30 walk in price

***Combination packages only work on days when both hitting and conditioning are happening. So if come in to do conditioning on Thursday a full session will be taken off package, there is no such thing as a half a package.**

Only fill in below if doing a package deal

Participants Name: _____

Home/Cell Phone Number: _____

Email Address: _____

Number of Days: _____

Location: Braintree Baseball Club

Cash or Check

Make checks payable to:

24 Plain Street

Braintree MA 02184

www.braintreebaseballclub.com