



Saturday Morning Boot Camp and Hitting



Boot Camp: 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.

Hitting: Class with hitting instructor Jay Schnabel will focus on hitting mechanics, quality reps, drills and being a complete hitter

Ages: 10-13

Time:

Boot Camp 7:00 a.m.- 7:30 a.m.

Hitting 7:30 a.m. -8:30 a.m.

Cost: \$10 for Boot Camp, \$30 for both Boot Camp and Hitting*

***You can't do hitting only. You can do Boot Camp solo only but not hitting only.**

Start Date: November 5th thru February 25th

Instructors:

Coach Jim Joyce

Coach Jay Schnabel