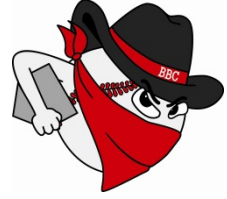




Saturday Morning Boot Camp and Hitting



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: In this portion we 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: December 2nd thru March 17th.

Instructor:

Coach Jim Joyce