



## Registration Form



### Little League Strength and Conditioning Program

Three 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:** 10-12 Max of 12 Participants

**Time:** 6-7 p.m.

December	January	February	March
4,5,6,11,12,13,18,19,20	2,3,8,9,10,15,16,17,22 23,24,29,30,31	5,6,7,12,13,14,26,27,28	5,6,7,12,13,14

**Cost:**

All visits in session (38): **\$190** (\$5/day)

30 visits in session: **\$180** (\$6/day)

25 visits in session: **\$175** (\$7/day)

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

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

**Price if combine with hitting\***

All days in session (25): **\$500**(\$20/day)

20 days in session: **\$440** (\$22/day)

15 days in session: **\$360** (\$24/day)

10 days in session: **\$260** (\$26/day)

Walk in Price: **\$10**

Walk in Price: **\$30**

Location: Braintree Baseball Club

\*Combination packages only work on days when both hitting and conditioning are happening. So if come in to do conditioning on Tuesday a full visit will be taken off the package.

**Fill this in below if you are signing up for one of packages above:**

**Participants Name:** \_\_\_\_\_

**Home/Cell Phone Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Number of visits:** \_\_\_\_\_

Cash or Check

Make checks payable to:

Braintree Baseball Club

Braintree Baseball Club

24 Plain Street

Braintree, MA 02184

[www.braintreebaseballclub.com](http://www.braintreebaseballclub.com)