



Registration Form
Babe Ruth/High School

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

Time: 7-8 p.m. after hitting class

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): **\$215** (\$5/day)
 30 visits in session: **\$200** (\$6/day)
 25 visits in session: **\$190** (\$7/day)
 20 visits in session: **\$175** (\$8/day)
 15 visits in session: **\$140** (\$9/day)

Price if combine with hitting*

All visits in session (38): **\$775**(\$20/day)
 30 visits in session: **\$670** (\$22/day)
 25 visits in session: **\$600** (\$24/day)
 20 visits in session: **\$525** (\$26/day)
 15 days in session: **\$420** (\$28/day)

Walk in Price: **\$10**

Walk in Price: **\$30**

Location: Braintree Baseball Club

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

Participants Name: _____

Home/Cell Phone Number: _____

Email Address: _____

Number of Days: _____

Cash or Check

Make checks payable to:

Braintree Baseball Club

Braintree Baseball Club
 24 Plain Street
 Braintree, MA 02184
www.braintreebaseballclub.com