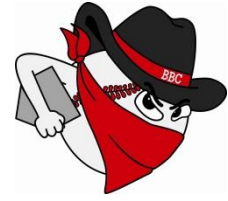




Hitting/Strength and Conditioning

Director: Coach Jim Joyce



When: Mondays, Wednesdays, Fridays and Saturdays

Where: Braintree Baseball Club

Time: M-W-F 3:30-5 and Saturday 8:30-10

Age Group: **Check with Coach Joyce first because this is an Advanced Class**

Class will focus on strengthening a player's speed and agility for the upcoming season. With a combination of weight training and resistance training your child will be better prepared for the field in the spring. On the hitting side we will focus on hitting mechanics, quality reps, drills and being a complete hitter.

November	December	January	February	March
5,7,9,10,12*,14,16,17,19,21*,23* 24,26,28,30 (15 days)	1,3,5,7,8,10,12,14,15,17,19,21,22 (13 days)	2,4,5,7,9,11,12,14,16,18,19,21*,23,25,26,28,30 (17 days)	1,2,4,6,8,9,11,13,15,25,27(11 days)	1,2,4,6,8,9,11,13,15,16 (10 days)

*denotes no school and class time may change

Create a package and re-up when run out of visits

Walk in rate: **\$20**
 10 visits: **\$180** (\$18/day)
 15 visits: **\$255** (\$17/day)
 20 visits: **\$320**(\$16/day)
 30 visits: **\$450** (\$15/day)

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

How many total visits: _____

Participants Name: _____

Home/Cell Phone Number: _____

Email Address: _____

Cash or Check

Make checks payable to: Braintree Baseball Club

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