



**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
3,4,5,10,11,12,17,18,19	2,7,8,9,14,15,16,21,22,23,28,29,30	4,5,6,11,12,13,25,26,27	4,5,6,11,12,13

**Cost:**

- All visits in session (37): **\$185** (\$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 visits in session (37): **\$888**(\$24/day)
- 30 visits in session: **\$750** (\$25/day)
- 25 visits in session: **\$650** (\$26/day)
- 20 visits in session: **\$540** (\$27/day)
- 15 visits 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