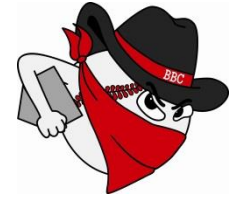




Registration Form



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
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: **\$180** (\$6/day)

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

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

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

Walk in Rate: **\$10**

Price if combine with hitting

All visits in Session (25): **\$625** (\$25/visit)

20 visits in session: **\$520** (\$26/visit)

15 visits in session: **\$405** (\$27/visit)

10 visits in session: **\$280** (\$28/visit)

Walk in Rate: **\$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