

All Star Academy and Training Center Presents:

# **Skill Training And Repetition**

Classes will train **2 times** per week for **4 weeks**

*Now is the time to begin off-season practice and prepare for the upcoming spring season!!!*

**Ages 8-12**

**Mon-Wed 6:45 - 8:00pm**

**\$79.00 / Player**

For our players, instruction is the **#1** priority. This skills class provides a great opportunity for young players to advance their baseball careers. The fundamentals of Hitting, Pitching, Fielding and Base Running are all stressed in a more intensive off season training and instructional format. Players can expect to improve skills, knowledge as well as conditioning and strength in all aspects of the game of baseball.

**Ages 13-17**

**Mon-Wed 8:00 - 9:15**

**\$79.00 / Player**

This intensive instructional program combines fundamental training with high repetition covering all major aspects of baseball as well as strength, speed, agility, and conditioning. Our students enjoy a competitive edge on the field by being provided the very best instruction and in turn will be able to take the next step in athletics. Players are pushed to excel and continuously evaluated to monitor improvement.

**Select Program 8-12\_\_\_\_\_13-17\_\_\_\_\_**

Name\_\_\_\_\_

Street Address\_\_\_\_\_

City\_\_\_\_\_State\_\_\_\_\_Zip\_\_\_\_\_

Home Phone\_\_\_\_\_Cell Phone\_\_\_\_\_Age\_\_\_\_\_

Email\_\_\_\_\_