

Attention Baseball Players!

(Ages 12-18)

Baseball Specific Training Sessions

Camp I:

- Strength Training Techniques
- Functional Movement & Core Strengthening Fundamentals
- Speed, Agility, & Quickness Training

November 5 - December 17
T, TH

6 - 7:15 pm (12-14 year olds)
7:15 - 8:30 pm (15-18 year olds)

Sports Plex Training Facility
12 sessions
\$125

Camp II:

- Advanced Functional Training Techniques
- Advanced Core Strengthening
- Advanced Speed, Agility, & Quickness Training

January 5 - February 11
T, TH

6 - 7:15 pm (12-14 year olds)
7:15 - 8:30 pm (15-18 year olds)

Sports Plex Training Facility
12 sessions
\$125

Camp III:

- Throwing Fundamentals
- Throwing Program
- Speed, Agility, & Quickness Training

February 15 - March 12
M, W, F

6 - 7:15 pm (12-14 year olds)
7:15 - 8:30 pm (15-18 year olds)

Sports Plex Training Facility
12 sessions
\$125



Buy all three camps for \$300!!
36 total sessions!



For more information and to register please call: (406) 238-5497.



5000 Southgate Drive
(Near Geyser Park)

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