



ITALY HS SUMMER BASEBALL / SOFTBALL

8 WEEK TRAINING FOR INCOMING 9TH – 12TH ATHLETES



Video Motion Analysis



ACL, Ankle, & Shoulder Prehab



Position Specific Velocity Training



Movement Preparation

Location

Italy HS
Baseball Field

Cost

\$200 / Athlete
(Payment Plan Option)

Dates

June 10th –
August 8th

Times

Mondays
12:00pm – 1:30pm

REGISTER AT [ATLETSports.COM/CAMPS](https://atletsports.com/camps)

"ITALY HS BASEBALL / SOFTBALL ATHLETICS '19"

Email info@atletsports.com for any questions