



JR HIGH BASEBALL

TRAINING PROGRAM

- **MON: CHOOSE A TIME 4:30pm, 6:00pm, or 7:30pm – 2HR Format**
 - Workout: Single Leg Plyometrics / Rotation
 - Pitchers: Rotational Mechanics / Plyoball Work
 - Pos. Players: PVC & Rotational Work
- **WED: CHOOSE A TIME 4:30pm, 6:00pm, or 7:30pm – 2HR Format**
 - Workout: Speed & Acceleration
 - Pitchers: Lateral Mechanics / Plyoball Work
 - Pos. Players: Medball & Back Leg Stability Work
- **SAT – Group Skills Work**
 - **Pos. Players (9:00am – 10:30am) – Swing Data / Mechanics**
 - **Pitchers (10:30am – 12:00pm) – Mechanics / Velocity Training**

Free Additional Cage Access Before 5pm & Weekends by Appointment
Free Atlet Trained T-Shirt
Additional Workout Templates & Gym Access Available – Add \$75

LOCATION

ATLET SPORTS TRAINING FACILITY

COST

\$350 / ATHLETE (\$175 x 2MO PMT PLAN)

REGISTRATION

ATLETSports.COM/CAMPS



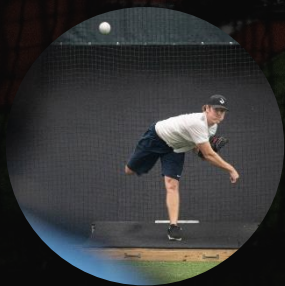
JR HIGH BASEBALL WINTER TRAINING

MON. NOVEMBER 15th – SAT. JAN 8th

(SEE DETAILS ON BACK)



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



VELOCITY TRAINING

BAT SPEED TRAINING

VIDEO ANALYSIS

SPEED TRAINING

PLYOMETRICS