



HS BASEBALL

TRAINING SCHEDULE

- **MON (7:30am – 9:00am) – Plyometrics / Single Leg Explosive**
 - Pos. Players – Swing Mechanics / Med Ball Work
 - Pitchers – Lateral Mechanics / Plyo Ball Work
- **TUE (7:30am – 9:00am) – Speed & Agility / Chest & Back**
 - Pos. Players – Swing Mechanics / Tee Work
 - Pitchers – Rotational Mechanics / Med Ball Work
- **WED (Pos. Players 7:30am / Pitchers 9:00am) – Baseball Skills Work**
 - Pos. Players – BP / Hack Attack Work & Video Analysis
 - Pitchers – Velocity Training
- **THU (7:30am – 9:00am) – Total Body & Rotation**
 - Pos. Players – Swing Mechanics / Flips
 - Pitchers – Individual Mechanics (Customized Upon Video Analysis)
- **FRI (On Own Time) – Optional TeamBuildr Led Workout**
- Digital Tracking, Rapsodo, Velocity Tracking, Video Analysis
- Discounted NSF Supplements, Recovery, & Therapy
- Free Atlet Performance T-Shirt, Plyo Ball / Foam Roller, SR Trainer Bat
- Free Unlimited Facility Access.

LOCATION

ATLET SPORTS TRAINING FACILITY

COST

\$795 / ATHLETE (\$397.50/MO x 2 CREDIT CARD)

REGISTRATION

[Atletsports.com/camps](https://atletsports.com/camps)



HS BASEBALL SUMMER

WED. JUNE 1ST – SAT. AUGUST 6TH (OFF JULY 4TH WEEK)



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



**VELOCITY TRAINING
& LIVE AT-BATS**



VIDEO ANALYSIS



SPEED TRAINING



**PERFORMANCE
TRAINING**



**SUPPLEMENTS /
RECOVERY**