



H.S. BASEBALL

TRAINING PROGRAM

PITCHERS

- **TRAINING SCHEDULE:**
 - MON (4:30pm or 6:00pm) – Single Leg Plyo
 - WED (4:30pm or 6:00pm) – Speed & Agility
 - SAT (11:00am-12:30pm) – Mound Velocity
- Velocity Tracking / Video Analysis
- Free Extra Cage & Gym Access (By Appointment)
- Free Atlet Trained Performance T-Shirt

POS. PLAYERS

- **TRAINING SCHEDULE:**
 - MON (4:30pm or 6:00pm) – Single Leg Plyo
 - WED (4:30pm or 6:00pm) – Speed & Agility
 - SAT (10:00am-11:30am) – Velocity / Fielding
- Velocity Tracking / Video Analysis
- Free Extra Cage & Gym Access (By Appointment)
- Free Atlet Trained Performance T-Shirt

LOCATION

ATLET SPORTS TRAINING FACILITY

COST

\$350 / ATHLETE (\$175 x 2MO CREDIT CARD)

REGISTRATION

ATLETSports.COM/CAMPS



H.S. BASEBALL WINTER TRAINING

SAT. NOVEMBER 23RD – SAT. JAN 4TH (OFF DAYS: DEC. 22-25)

(SEE DETAILS ON BACK)



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



VELOCITY TRAINING



BAT SPEED TRAINING



VIDEO ANALYSIS



SPEED TRAINING



PLYO TRAINING