



**COLLEGE LEAGUE**



## **TRAINING SCHEDULE**

- **MON (9:45am – 11:15am) – Plyometrics / Single Leg Explosive**
  - Pos. Players – Swing Mechanics / Med Ball Work
  - Pitchers – Lateral Mechanics / Plyo Ball Work
- **TUE (9:45am – 11:15am) – Speed & Agility / Chest & Back**
  - Pos. Players – Swing Mechanics / Tee Work
  - Pitchers – Rotational Mechanics / Med Ball Work
- **WED (9:45am – 11:15am) – Baseball Skills Work**
  - Pos. Players – BP / Hack Attack Work & Video Analysis
  - Pitchers – Velocity Training
- **THU (9:45am – 11:15am) – Heavy Lower Body**
- **FRI (9:45am – 11:15am) – Plyometrics / Upper Body**
  - Pos. Players – Swing Mechanics / Flips
  - Pitchers – Individual Mechanics (Customized Upon Video Analysis)
- **SAT (9:00am) – Atlet Grey & White Series Doubleheader**
- Digital Tracking, Rapsodo, Velocity Tracking, Video Analysis
- Discounted NSF Supplements, Recovery, & Therapy
- Free Atlet Performance T-Shirt / Summer Jersey
- Free Unlimited Facility Access.

## **LOCATION**

ATLET SPORTS TRAINING FACILITY

## **COST**

\$995 / ATHLETE (\$497.50/MO x 2 CREDIT CARD)

## **REGISTRATION**

ATLETCOLLEGELEAGUE.COM



# COLLEGE BASEBALL SUMMER LEAGUE

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



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& LIVE AT-BATS**



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