



ATLET COLLEGE BASEBALL

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 (10:30am Pitchers / 12:00pm Pos. Players) – 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)
- **SUN (9:00am – 10:30am) – Pitcher's Velocity Training**
- Digital Tracking, Rapsodo, Velocity Tracking, Video Analysis
- Discounted NSF Supplements, Recovery, & Therapy
- Free Atlet Performance T-Shirt
- Free Unlimited Facility Access.

LOCATION

ATLET SPORTS TRAINING FACILITY

COST

\$750 / ATHLETE (\$375/MO x 2 CREDIT CARD)

REGISTRATION

AtletSports.com/camps



COLLEGE 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**