



What: Training for baseball! Program consists of baseball specific weight training, core training, speed training, vertical jump training. Increase your throwing velocity and hitting power! Get the most out of your athletic ability, be the best athlete you can so you can be the best baseball player possible!

Where: BigTime Athletic Development training facility.
Go to www.bigtimeathleticdevelopment.com for directions (go to "Contact Us").

Who:
Any baseball or softball athlete and or their team. Girls, boys all ages 11 and above.

Other Programs: Hitting and pitching instruction and video analysis also available – call or email for details. Pricing based on situation-ask for flyer of pricing!
Team and individual video analysis available –go to [bigtimeathleticdevelopment](http://bigtimeathleticdevelopment.com) for info

When: We have team times everyday must set up in advance.
Other sessions can be arranged anytime after school if team times can't be met.

Cost for training.

- 30 kids+:** \$100/month for 2 x week. Team and individual sessions can be arranged. **\$90/month if prepay 3 mths!**
 - 25-29 kids:** \$125/month for 2 x week. Team and individual sessions can be arranged. **\$100/month if prepay 3 mths!**
 - 20-24 kids:=** \$135/month for 2 x week. Team and individual sessions can be arranged. **\$110 if prepay 3 mths!**
 - 15-19 kids:** = \$145/month for 2 x week. Team and individual sessions can be arranged. **\$120/mth if prepay 3 mths!**
 - 10-14 kids:=** \$155/month for 2 x week. Team and individual sessions can be arranged. **\$140 if prepay 3 mths!**
 - 5-9 kids:=** \$165/ month for 2 x week. Team and individual sessions can be arranged. **\$150/month if prepay 3 mths!**
 - 1-4 kids:** = \$200/mth for 2 x week. Team and individual sessions can be arranged. **\$185/mth if prepay 3 mths!**
- 3 x week and 5 x week programs also available –call for more details!**

Contact Brian Blackwell for information on this training camp

or any other training offered by BigTime Athletic Development : bigtimead@msn.com or (303) 517-5855