

IN SEASON JR. LONG BALL ARMY PROGRAM

WHAT IT ENTAILS:

- BUILDING FOUNDATIONS OF ELITE SWING
- LEARNING BASIC APPROACH
- EXPLOSIVE MOVEMENT PATTERNS
- BASIC MOBILITY
- EXPLOSIVE MOVEMENT PATTERNS
- COMPLETE FOUNDATIONAL HITTING DEVELOPMENT

AGES 8-12U

SCHEDULE: APRIL 7 - MAY 26

FRIDAYS - 6PM - 8PM

LONG BALL



ARMY

\$450