

IN SEASON LONG BALL ARMY PROGRAM

WHAT IT ENTAILS:

- SWING MAINTENANCE
- STRENGTH MAINTENANCE
- BAT SPEED MAINTENANCE
- APPROACH BUILDING
- EXPLOSIVE MOVEMENT PATTERNS
 - (WEIGHT LIFTING, MEDICINE BALL TRAINING, HITTING SPECIFIC MOBILITY)

AGES 13-17U

SCHEDULE: APRIL 3 - MAY 25

WEDNESDAYS - 8PM-10PM

SUNDAYS - 6PM-8PM

LONG BALL



ARMY

\$640