



# 2010 Pre-Tryout Baseball Workouts

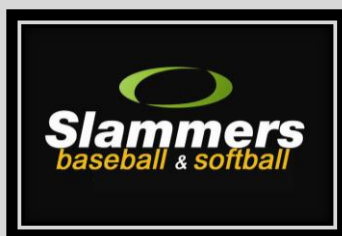
*July 25<sup>th</sup> – August 18<sup>th</sup>, 2011*

*\* Limited to first 30 Participants Per Camp Session*

*Recommended for Ages 8 – 12 (will be separated by age level)*

**Session 1:** (Monday's) **July 25<sup>th</sup> – August 15<sup>th</sup>** from 4–6pm

**Session 2:** (Thursday's) **July 28<sup>th</sup> – August 18<sup>th</sup>** from 4–6pm



Slammers Pre-Tryout Baseball Workouts is designed to get your ballplayer ready for Fall Baseball and Travel Tryouts. Instruction led by professional staff of Slammers Training Academy which includes a plethora of knowledge and experience of the game of baseball ready to help your players to develop their own skills. Slammers will offer two separate 4-Week Programs consisting of 2-Hour Camp Sessions each week with workouts focusing on Hitting, Throwing, Fielding, Base Running, Pitching & Catching.

Hitting Workouts will include repetitions off of Jugs Pitching Machine to help participants simulate 'tryout-type' atmosphere in preparation for successful tryout. Camp Sessions will be held on Monday and Thursday afternoons at Slammers from 4-6pm each day. Sign up for one or both nights to take advantage of this great program.

<b>Registration Cost</b>	<b>1 Session (Mon or Thurs)</b>	<b>BOTH Sessions (Mon &amp; Thurs)</b>
<b>Members</b>	<b>\$125</b>	<b>\$250</b>
<b>Non-Members</b>	<b>\$150</b>	<b>\$275</b>

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