

## BASEBALL SPEED, AGILITY & STRENGTH PROGRAM

*Tuesdays & Thursdays for 4 Weeks (8 classes per session)*

**Session 1: September 21<sup>st</sup> – October 14<sup>th</sup>, 2010**

**Session 2: October 26<sup>th</sup> – November 17<sup>th</sup>, 2010**

*Slammers Baseball SAS Program is recommended for all athletes aged 12-14 years old*

Baseball SAS Program available in 2 time slots (max 6 players/slot)

Camp Class 1: **7:00 – 8:00 PM**

Camp Class 2: **8:15 – 9:15 PM**

Slammers Baseball Speed, Agility & Strength (SAS) Program will be conducted by former professional player and Slammers Baseball instructor Greg Kloosterman. This program will highlight focuses on improving participants speed, agility and strength as it pertains to baseball. Participants will have the ability to take advantage of two 4-week programs dedicated to preparing each athlete to be at the top level of their game physically and mentally. Register for both Sessions in the Fall and early Winter and receive an automatic \$25 discount. This unique and rigorous program will be available to the first 6 participants in each session, so space is very limited!

Program Registration Cost	Members	Non-Members
Single Session	\$150	\$175
Both Sessions (1 & 2)	\$275	\$325

Email: [kyle@slammersillinois.com](mailto:kyle@slammersillinois.com) or [ed@slammersillinois.com](mailto:ed@slammersillinois.com) or call 847-549-1687

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