

THE BASEBALL STATION Little League & Babe Ruth WINTER WORKOUTS

Program designed by High School Coaches & *The Baseball Station*

March 3rd through April 18th

BATTING WORKING INCLUDES:

- 12 Sessions: 6 Weeks: Twice per week (45 minutes)
- Supervised Instruction & Training Drills
- Tees • Soft toss • Short pitch • Live & machine pitch & more
- 250 or more swings per session
- Players work in pairs (choose your partner or we can pair you)

PITCHING WORKOUT INCLUDES

- Professional Instruction
- Small Groups of 4
- 6 weekly sessions
- 45 Minutes: Stretch • Drills • Flat Ground • Mound work

Batting Session Times:

Wed: 7PM & Sat: 1PM
Thurs: 7PM & Sun: 1PM

Pitching Session Times:

Sun: 11:30AM
Mon: 7PM



Please call for times & availability

www.TheBaseballStation.com



105 West Dewey Avenue Building C Suite 13 Wharton, NJ 07885

973-343-6530

Registration Form

Batting Workout - \$210.00 (\$190.00 early bird payment by 2/22/10)

Pitching Workout - \$175.00 (\$150.00 early bird payment by 2/22/10)

Player Name _____ Partner Name _____

Address _____

Email Address (Please print clearly) _____

Cell Phone _____ Home Phone _____

High School _____

Check Session Preference: ___ Wed/Sat or ___ Thurs/Sun ___ Sun ___ Mon

Mail registration & check to: The Baseball Station, 339 Main Road, Montville, NJ 07045 or
Fax registration form to 973-335-5057 (Check must be received within 7 days of fax to hold spot)