

High School Winter Workouts

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

January 4th through February 26th

BATTING WORKOUT

INCLUDES:

16 Sessions: 8 Weeks: Twice per week
(60 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 a partner
or we can pair you)

PITCHING WORKOUT

INCLUDES:

- Professional Instruction & Supervision
- Small Groups
- 8 weekly sessions
- 60 Minutes: Stretch • Drills • Flat
Ground • Mound work

Batting Session Times:

Check One:

Saturday 1PM/ Wednesday 7PM
 Sunday 1PM /Thursday 6:30PM

Pitching Session Times:

Check One:

Sunday 2PM
 Wednesday 8PM

Batting Workout - \$290.00
(\$255.00 early bird payment by 12-20-11)

Pitching Workout - \$200.00
(\$175.00 early bird payment by 12-20-11)



Please call for times & availability

Registration Form



Player Name _____ Partner Name _____
Address _____
Email Address (Please print clearly) _____
Cell Phone _____ Home Phone _____
High School _____

Mail registration & check to: The Baseball Station, 339 Main Road, Montville, NJ 07045

Register by CC: Fax Registration Form to 973 335-5057 & complete card info below:

Name on Card: _____ Type: Visa __ MC __

Card # _____ Card Exp Date: _____