

# THE BASEBALL STATION

## Little League & Babe Ruth

### WINTER WORKOUTS

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

March 12<sup>th</sup> through April 14<sup>th</sup>

#### BATTING WORKING

- 10 Sessions: 5 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 your partner or we can pair you)

#### PITCHING WORKOUT

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

#### Batting Session Times:

\_\_\_Wed: 7PM & Sat: 1PM  
\_\_\_Thurs: 7PM & Sun: 1PM

#### Check Preference

#### Pitching Session Times:

\_\_\_Sun: 12:00PM  
\_\_\_Thurs: 6PM



Please call for times & availability

[www.TheBaseballStation.com](http://www.TheBaseballStation.com)



105 West Dewey Avenue • Building C • Wharton, NJ 07885

973-343-6530

Registration Form

Batting Workout - \$190.00  
(\$150.00 early bird payment by 3-1-12)

Pitching Workout - \$125.00  
(\$100.00 early bird payment by 3-1-12)

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: \_\_\_\_\_