



HIGH SCHOOL BASEBALL TRYOUT SPRING SEASON PREP PROGRAM MONDAYS AND WEDNESDAYS

JANUARY 7TH THROUGH FEBRUARY 20TH

7:00pm – 8:30pm – AGES 14-18 – 12 TOTAL SESSIONS (NO 1/21 OR 2/18)

FULL PROGRAM - \$385 PER PLAYER – MONDAYS ONLY - \$165 – WEDNESDAYS ONLY - \$220

FINE TUNE ALL BASEBALL SKILLS AND RAMP UP BASEBALL SPECIFIC STRENGTH, SPEED, AND CONDITIONING TO BE IN SHAPE AND READY TO IMPRESS FOR TRYOUTS AND THE SPRING BASEBALL SEASON!

ADVANCED WEEKEND SPECIALTY BASEBALL SKILLS PROGRAMS

SATURDAY MORNINGS

JANUARY 12TH THROUGH FEBRUARY 23RD

9:00AM-10:00AM – POWER HITTING DEVELOPMENT

10:00AM-11:00AM – THROWING VELOCITY AND PITCHING

11:00AM-12:00PM – BASEBALL SPECIFIC SPEED, STRENGTH, CONDITIONING

AGES 14-18 – 7 SESSIONS PER PROGRAM

ONE CAMP - \$250 PER PLAYER - TWO CAMPS - \$450 PER PLAYER (SAVE \$50)

THREE CAMPS - \$650 PER PLAYER (SAVE \$100)

ALL ABILITIES ARE WELCOME - CAMPS ARE INTENDED FOR THE SERIOUS BALL PLAYER LOOKING TO WORK HARD TO IMPROVE BAT SPEED, BAT EXIT VELOCITY, THROWING VELOCITY, PITCH COMMAND, AS WELL AS STRENGTH, SPEED, AND CONDITIONING.

ALL CAMPS HELD AT DREAM BIG ATHLETICS CENTER – 713 S. VERMONT – PALATINE, IL 60067

To Register, please visit shop.dreambigathletics.com to sign up today! For more information, please contact us at dreambigathleticsil@gmail.com