



YOUTH BASEBALL WINTER TRAINING PROGRAMS

TUESDAYS AND THURSDAYS

JANUARY 8TH THROUGH FEBRUARY 21ST

SESSION 1 – 5:00PM – 6:00PM – AGES 6-9 – 14 SESSIONS

SESSION 2 – 6:00PM – 7:00PM – AGES 10-13 – 14 SESSIONS

FULL PROGRAM - \$430 PER PLAYER – TUESDAYS ONLY - \$215 – WEDNESDAYS ONLY - \$215

***FINE TUNE ALL BASEBALL SKILLS AND RAMP UP BASEBALL SPECIFIC STRENGTH, SPEED, AND
CONDITIONING TO BE IN SHAPE AND READY TO HAVE A SUCCESSFUL 2019 SPRING AND
SUMMER BASEBALL SEASON!***

WEEKEND YOUTH 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 – DEFENSIVE SKILLS (INFIELD AND OUTFIELD)

AGES 7-13 – 7 SESSIONS PER PROGRAM

ONE CAMP - \$210 PER PLAYER - TWO CAMPS - \$370 PER PLAYER (SAVE \$50)

THREE CAMPS - \$530 PER PLAYER (SAVE \$100)

***ALL ABILITIES ARE WELCOME - CAMPS ARE INTENDED FOR THOSE PLAYERS LOOKING TO
WORK HARD TO FINE TUNE SPECIFIC FUNDAMENTALS INCLUDING IMPROVING BAT SPEED,
BAT EXIT VELOCITY, THROWING VELOCITY, PITCHING TECHNIQUE, 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**