



presents
**An Evening with
CAL RIKPEN JR.**



“The work ethic and preparation necessary to succeed in Baseball and Life at every level”

This 2 hour session will feature the Iron Man Himself, Cal Ripken Jr. along with former Orioles’ Strength and Conditioning Coach who helped train him, Tim Bishop. This won’t be your average baseball camp discussion, Cal will dive into the traits that lead to success both on and off the field.

DRIVE DESIRE DETERMINATION WORK ETHIC PREPARATION
will all be discussed!

This will be a great experience for a Parent and Son to remember for a lifetime!

Afterwards, a limited photo session will be available with Cal if time allows.

Date: Thursday, March 1st, 2018

Time: 7:00-9:00 pm

Location: PerformFit 10880 Railroad Ave., Cockeysville, MD 21030

Cost: \$25

Registration must be done through our website: www.redbirdsbaseballmd.com