

# Baseball Showcase Prep Program



## DESCRIPTION:

The Baseball Showcase Prep Program is designed for the High School player who is looking to improve their baseball skills AND their athletic performance. We will pre and post test each player in the 60 yard dash, pro agility, exit velocity, throwing velocity, as well as other relevant tests to show where they stand compared to norms of players their ages. For those players wishing to play in college, this program is a must. Each player will be given a program to address their specific needs. We will work on shoulder and elbow maintenance as well as core strength, speed, and agility. This program will be led by former collegiate baseball players as well as Certified Strength and Conditioning Coaches. Cage hitting, mound work, and ground balls will be available to all players in this program.

## DATES:

June 18 - August 18, 2018

Monday - Friday

Open Cage/Turf Time 12-1 pm

Performance Training Time 1-2 pm

Optional Training Time Tue/Thu 5pm (No Cage/Turf Time)

## COST:

\$325 per month for 2 months

\$375 for 1 month

## REGISTER:

Call 410-785-2600 to register