



PRESIDENT'S DAY HIGH SCHOOL BASEBALL TRYOUT PREP AND PEAK IN-SEASON PERFORMANCE INFORMATION SESSION

MONDAY, FEBRUARY 19, 2018

9:00AM – 12:00PM*

ALL HIGH SCHOOL BASEBALL PLAYERS (FRESHMAN THROUGH SENIOR)

\$155 PER PLAYER – VISIT SHOP.DREAMBIGATHLETICS.COM TO REGISTER

DREAM BIG ATHLETICS TRAINING CENTER

713 SOUTH VERMONT STREET - PALATINE, IL 60067

MORE INFORMATION AT DREAMBIGATHLETICSIL@GMAIL.COM

*DAY MAY BE EXTENDED BASED ON PROGRAM ENROLLMENT-FULL ITINERARY TO BE EMAILED AS OF 2/16/2018

ALL HIGH SCHOOL BASEBALL PLAYERS ARE INVITED TO SPEND PRESIDENT'S DAY AT DBA TO PREPARE FOR THE INS AND OUTS OF HIGH SCHOOL TRYOUTS AND TO HAVE AN IN-SEASON TRAINING PLAN TO MAINTAIN ALL OF THE HARD WORK DEVELOPED IN THE BATTING CAGES AND TRAINING CENTERS OVER THIS WINTER.

THE PROGRAM WILL BE LED BY EX-PROFESSIONAL BASEBALL PLAYER AND CURRENT CERTIFIED STRENGTH AND CONDITIONING SPECIALIST (CSCS) BILL MILLER. BILL MILLER IS DBA'S HEAD STRENGTH COACH AND CURRENTLY TRAINS PROFESSIONAL, COLLEGIATE, HIGH SCHOOL AND YOUTH ATHLETES OF ALL SPORTS.

EACH PLAYER RECEIVES

- **PLAYER EVALUATION WORKOUT**
 - KNOW EXACTLY THE CURRENT PERFORMANCE LEVEL OF THE PLAYER (THROWING MPH, BATTING EXIT VELOCITY, RUNNING SPEED) PRIOR TO PERFORMING IN FRONT OF HIGH SCHOOL COACHES
- **TRYOUT EXPECTATIONS/SUGGESTIONS FOR A SUCCESSFUL TRYOUT**
 - BRIEFING BY DBA PROFESSIONAL INSTRUCTORS
- **IMPORTANCE OF A PROFESSIONALLY DESIGNED IN-SEASON STRENGTH MAINTENANCE PROGRAM FOR HS BASEBALL PLAYERS**
 - BRIEFING BY CSCS BILL MILLER
- **SAMPLE IN-SEASON STRENGTH AND CONDITIONING MAINTENANCE/INJURY PREVENTION WORKOUT**
 - LEAD BY CSCS BILL MILLER
- **HIGH SCHOOL BASEBALL PLAYER IN-SEASON SUCCESS PACK**
 - LACROSSE BALL, JUMP STRETCH MINI BAND, PERFORM BETTER HEAVY BAND, C9 CHAMPION HAND GRIPPER, ELECTRONIC COPY OF 10 WEEK IN-SEASON TRAINING PROGRAM (NO WEIGHT ROOM/TRAINING FACILITY NEEDED TO COMPLETE) – OVER \$75 VALUE INCLUDED IN FEE!

"PLAYERS DO ALL OF THIS TRAINING ALL FALL AND WINTER ONLY TO COMPLETELY STOP CONDITIONING THEIR BODIES ONCE THEIR ACTUAL SEASON STARTS – THE TIME WHEN THEY NEED THEIR STRENGTH AND CONDITIONING MOST! IT MAKES ABSOLUTELY NO SENSE. IN-SEASON TRAINING IS A MUST TO PREVENT INJURY AND ALLOW FOR A STRONG, CONSISTENT, COMPLETE SEASON. DON'T FALL SHORT AT THE END OF THE SEASON BY KEEPING YOUR BODY STRONG."

JOE DEFRANCO – WORLD RENOWNED STRENGTH AND CONDITIONING SPECIALIST