



# HIGH SCHOOL BASEBALL IN-SEASON TRAINING PROGRAM

**DON'T LOSE WHAT YOU HAVE WORKED SO  
HARD FOR THIS OFF-SEASON  
DURING THE TIME WHEN YOU NEED IT MOST!**

SUNDAY MORNINGS - MARCH 4<sup>TH</sup> THROUGH APRIL 15<sup>TH</sup>  
6 TOTAL SESSIONS – NO TRAINING 3/25 FOR SPRING BREAK

SESSION 1 – 11:00AM – 12:00PM

SESSION 2 – 12:00PM-1:00PM

AGES 14U-18U ARE ALL WELCOME TO REGISTER

SPACE IS LIMITED TO 12 PLAYERS PER SESSION – NO EXCEPTIONS!

**\$125 PER PLAYER – VISIT [SHOP.DREAMBIGATHLETICS.COM](http://SHOP.DREAMBIGATHLETICS.COM) TO REGISTER**

DREAM BIG ATHLETICS TRAINING CENTER  
713 SOUTH VERMONT STREET - PALATINE, IL 60067  
MORE INFORMATION AT [DREAMBIGATHLETICSIL@GMAIL.COM](mailto:DREAMBIGATHLETICSIL@GMAIL.COM)

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.

## **ALL IN-SEASON TRAINING SESSIONS WILL INCLUDE**

- STRENGTH/CONDITIONING/WEIGHT ROOM MAINTENANCE WORK
- VARIOUS SHOULDER/ARM CARE/INJURY PREVENTION EXERCISES
- BATTING PRACTICE/SWING MAINTENANCE
- MODIFIED THROWING PROGRAM TO KEEP ARM HEALTHY

**"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**