

Dream Big Athletics Pro Camp Series



2018 SPRING CLEANING MONDAY EVENING BASEBALL SKILLS MAINTENANCE CAMPS

MONDAYS

APRIL 23RD THROUGH MAY 21ST

5 ONE-HOUR SESSIONS EACH CAMP

Dream Big Athletics Training Center

713 S. Vermont – Palatine, IL 60067

BATTING IMPROVEMENT PERFORMANCE PROGRAM

- 5:00pm – 6:00pm – Ages 8U-14U – **Players divided by age/skill**
- RECEIVE INSTRUCTION TO MAKE SWING ADJUSTMENTS FOR THE WEEK OF GAMES AHEAD
- MAINTAIN SWING STRENGTH TO PERFORM CONSISTENTLY THROUGHOUT THE SEASON
- COMMUNICATE WITH COACHES ON STRENGTHS AND PROBLEMS HAPPENING IN GAMES TO IMPROVE GAME PERFORMANCE
- **CAMP FEE- \$99 PER PLAYER**

THROWING ARM CARE, CONDITIONING, AND STRENGTHING

- 6:00pm – 7:00pm – Ages 8U-14U – **Players divided by age/skill**
- EXPERT COACHES HAVE FOUND THAT DOING ARM STRENGTHING EXERCISES, EVEN AFTER A WEEKEND OF POTENTIAL THROWING, IS GOOD TO MAINTAIN AND KEEP YOUNG ARMS HEALTHY
- PREVENT ARM INJURY AND SORENESS WITH THIS PROGRAM THROUGHOUT THE SPRING AND MAINTAIN VELOCITY AND CONTROL – BAND SHOULDER EXERCISES, LIGHT THROWING
- **CAMP FEE- \$99 PER PLAYER**

Visit shop.dreambigathletics.com to register today!

REGISTER FOR BOTH CAMPS ONLY \$159 (SAVE \$40)

For questions about camp enrollment, contact us at dreambigathleticsil@gmail.com