

WANTED!

LOOKING FOR HIGH SCHOOL PLAYERS THAT ARE TRYING TO IMPROVE THEIR GAME. WE ARE ALSO INVITING PLAYERS THAT ARE GOING INTO HIGH SCHOOL IN SEPTEMBER.



- IMPROVE YOUR BODY FAT**
- IMPROVE YOUR FOOT SKILLS**
- IMPROVE YOUR CORE MUSCLES**



IMPROVE YOUR 40 YARD & 60 YARD DASH TIMES

IMPROVE YOUR OVER ALL GAME

STARTING JULY 13TH – AUGUST 5TH

9AM – 10:30AM

EVERY TUESDAY AND THURSDAY MORNING AT THE CAPITAL CLUBHOUSE

- COMPLETE STRENGTHENING ROUTINE AND SPEED & AGILITY**
- FIRST SESSION: BODY FAT WILL BE MEASURED, SKILL ASSESSMENT AND 40 YARD DASH WILL BE TIMED.**
- DRILL SESSIONS EVERY TUESDAY AND THURSDAY FOR 4 WEEKS**
- TRAINING PROVIDED BY LEAD FITNESS TRAINER MIKE BROOKES**

LOCAL COLLEGE BASEBALL PLAYERS THAT WILL BE THERE WORKING OUT WITH YOU: MICHAEL BOYDEN AND TOMMY WINEGARDNER



**Please call for more info
301-399-9779
Chris Duelley**



Register online at:

www.ExtremeBaseball247.com