

# G-Force Sports Performance Training LLC

Presents

## Baseball Training Fundamentals

### **Program Date(s):**

Thursday, January 12<sup>th</sup> / Thursday, January 19<sup>th</sup>

Thursday, January 26<sup>th</sup> / Thursday, February 2<sup>nd</sup>

Time: 6:00 PM – 7:00 PM

**Cost per Player: \$60 Total for Four (4) One Hour Sessions**

Ages: Eleven (11) to Seventeen (17) Years Old

Maximum Players per Session: Twelve (12)

Location: Indoor Training Facility Mezzanine

### **Areas of Focus:**

Flexibility, Mobility, Speed Training, Agility Training, Nutrition, Core, Recovery, Strength and Power

Please contact the LDB HIT Squad via e-mail at [lancasterdepewbaseball@gmail.com](mailto:lancasterdepewbaseball@gmail.com) if you have any questions or need additional information.