

## YOUTH PREP FOUNDATION 5-7YR

TEACH FUNDAMENTALS
AGE APPROPRIATE INSTRUCTION
SAFETY FIRST
POSITIVE REINFORCEMENT
INDIVIDUALIZED APPROACH
EMPHASIZE TEAMWORK
FUN & ENGAGING DRILLS
BALANCED COMPETITION
EFFECTIVE COMMUNICATION
CONINUOUS LEARNING
FUN & DEVELOPMENT THAT STICKS

30MIN LESSONS \$195 PER MONTH

## COLLEGE PREP RESULTS 12-18YR

DETAILED SKILL DEVELOPMENT
STRENGTH & CONDITIONING
MENTAL TOUGHNESS
BASEBALL IQ
VIDEO ANALYSIS
COMPETITION EXPOSURE
NUTRITION & RECOVERY
LEADERSHIP & TEAMWORK
SCOUTING & SHOWCASE
COMMUNICATION & PLANNING
ADAPTABILITY & VERSATILITY
TIME MANAGEMENT

60 MIN LESSONS \$385 PER MONTH

## HIGH SCHOOL PREP PERFORMANCE 9-12YR

FUNDAMENTAL SKILLS DEVELOPMENT
PHYSICAL DEVELOPMENT
MENTAL APPROACH
GAME STRATEGY AND IQ
INDIVIDUALIZED INSTRUCTION
COMMUNICATION & MOTIVATION
INJURY PREVENTION
TEAM BUILDING/UNITY
SAFETY COMPLIANCE
PREPARATIONS FOR HIGHER LEVEL
BALANCE ACADEMICS & ATHLETICS
ENGAGE PARENTS & SCHOOL

45 MIN LESSONS \$265 PER MONTH

## TRAINING SCHOOL ENROLLMENT

\$50 ENROLL - FREE T SHIRT FARM & VIDEO ACCESS
4 LESSONS PER MONTH

WARM UP 5-10 MIN.

DRILL LESSON TIME ALLOCATION

CONDITIONING 5-10 MIN

BILLING 1ST OF EACH MONTH LESSON CANCEL 24HR NOTICE LESSON ROLL OVER - BY APPROVAL FREEZE POLICY \$25 MONTHLY EXIT NOTICE 30 DAYS ADD-ON LESSONS \$40