



www.xlplaylarge.com



## [Baseball / Softball]

### Be MORE than a Ball Player, Be an ATHLETE!

Join Jason Infusino, Former College Baseball Standout for this 9-week session specifically designed for athletes that want to get a head start with pre-season training and reduce their risk of developing common Baseball / Softball injuries.

#### Program Focuses:

- Explosive plyometric training to give you that quick burst while stealing bases,
- Footwork & Agility training to put your body in front of the ball
- Linear speed & Acceleration to beat out grounders
- Endurance to maintain a high level of intensity on every play
- Core stabilization & Balance to field tough balls & make accurate throws
- Resistance training with an emphasis on Olympic lifting techniques to hit the ball harder and farther



**Initial Assessments:** Initial Movement Screen and Performance Assessment will be performed on the first day of class; Monday January 9th, 2012, from 3:45 - 5:00 pm.

### *Athlete Testimonial!*

“The biggest improvements that I have seen are in my speed and acceleration, footwork and agility, and endurance. These improvements have definitely helped to boost my confidence as well.”

**Starting:** January 9th, 2012

**Registration Deadline:** Jan. 5th, 2012

Days	Times	Program	Cost
Mon & Wed	3:45pm - 5:00pm	9 weeks, 2x/week	\$325.00

**Reserve your spot today!**

Call (920) 430-4722 or send us your reservation!

**Pre-Season Baseball / Softball**

**Mon & Wed 3:45 - 5:00 pm**

Athlete's Name \_\_\_\_\_

Home Phone \_\_\_\_\_

*\*Participation waiver and payment must be completed prior to program start date.*

Check Enclosed (Please make check payable to Bellin Health)

XL Athletic Performance  
1630 Commanche Avenue  
Green Bay, WI 54313

# bellinhealth

See Reverse Side for **Team Training** Options!!!

# Team Training Pricing & Available Times

## ■ XL Team Training Opportunities

Team Training times available any day and time, Monday through Friday 3:00 pm to 8:00 pm. Availability is limited and teams will be scheduled on a first come first serve basis. Call early to reserve the time that works best for your team!

## ■ XL Team Training Prices

<b>6-8 athletes</b>	<b>75 minutes</b>	
9 week Program 2x	\$310.00 / Athlete	18 sessions
9 week Program 3x	\$455.00 / Athlete	27 sessions
<b>9-11 athletes</b>	<b>75 minutes</b>	
9 week Program 2x	\$280.00 / Athlete	18 sessions
9 week Program 3x	\$410.00 / Athlete	27 sessions
<b>12-15 athletes</b>	<b>75 minutes</b>	
9 week Program 2x	\$250.00 / Athlete	18 sessions
9 week Program 3x	\$365.00 / Athlete	27 sessions