

# Strength & Conditioning Program

Open Enrollment (Minimum 6 players)

Tuesdays and Thursdays

- **Instructor: Riall Moore**
- **Ages: 7-14 (6pm-7pm)**
- **Location: Pacifica Cages**
- **Contact Number: 650- 355-5500**
- **Cost: \$25/session (drop-ins) - Payment due at sign up**
- **Or \$200 for 10 sessions**

***Refund Policy- 24 hour notice of cancellation for full refund or refund will be credit towards lessons with Riall Moore.***



## Program Details:

- players will be provided baseball specific exercises
- strength & agility training
- proper techniques & body mechanics
- emphasis on strength, flexibility & range of motion
- explanation of proper diet and nutrition
- directed at achieving the maximum results in a baseball specific environment

**If you are an athlete looking to become a better baseball player and want to learn how to increase your:**

- overall strength
- proper lifting technique
- arm strength and velocity
- lateral quickness
- bat speed
- mental clarity
- basic knowledge of diet and nutrition
- flexibility and range of motion
- intensity, endurance, pain tolerance

**SIGN UP TODAY!**