



Total Performance 6-Week Off Season Program



Ages: 8 to High School

Strength/Speed/Arm Care & Velocity Classes: Classes run by former 8 year Major Leaguer, Jason Tyner. Will focus on improving running speed, athleticism, explosive strength, arm care & throwing velocity

Pitching Classes: Classes taught by current Boston Red Sox pitcher, Devon Roedahl. Will focus pitching mechanics, strength and flexibility, arm care & throwing velocity.

1 Class Per Week - \$150 (6 classes) All Classes - \$200 (20 classes)

Family Discount: additional family members are 1/2 price

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7: Strength/ Speed Class 5:30-7:00 pm	8: Strength/ Speed Class 5:30-7:00 pm	9: Strength/ Speed Class 5:30-7:00 pm	10: Pitching Class 5:30-7:00 pm	11	12
13	14: Strength/ Speed Class 5:30-7:00 pm	15: Strength/ Speed Class 5:30-7:00 pm	16: Strength/ Speed Class 5:30-7:00 pm	17: Pitching Class 5:30-7:00 pm	18	19
20	21: Strength/ Speed Class 5:30-7:00 pm	22: Strength/ Speed Class 5:30-7:00 pm	23	24	25	26
27	28: Strength/ Speed Class 5:30-7:00 pm	29: Strength/ Speed Class 5:30-7:00 pm	30	31	1	2

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4: Strength/ Speed Class 5:30-7:00 pm	5: Strength/ Speed Class 5:30-7:00 pm	6: Strength/ Speed Class 5:30-7:00 pm	7: Pitching Class 5:30-7:00 pm	8	9
10	11: Strength/ Speed Class 5:30-7:00 pm	12: Strength/ Speed Class 5:30-7:00 pm	13: Strength/ Speed Class 5:30-7:00 pm	14: Pitching Class 5:30-7:00 pm	15	16

Sign up at Baseball Academy or online at www.setexasbaseballacademy.com