

SUMMER Vipers TRAINING

- ◆ All programs will be run at an 8 player to 1 coach max ratio
- ◆ Skill-specific training is broken into groups. Baserunning/leading & stealing, finishing with pitching, hitting, & fielding
- ◆ Baseball situation & IQ training
- ◆ Speed & Agility, core, flexibility & more. A baseball specific strength & conditioning routine to increase performance while decreasing chance of injury.

DESIGNED FOR SERIOUS BALL PLAYERS THAT WANT TO TAKE THEIR SKILL SET AND THEIR GAME TO THE NEXT LEVEL

Padavan - Preller Field 236-02 Hillside Ave., Bellerose NY 11426

JULY, 9-12 PM

Week 1 & 2 Tues, Wed, Thrs
Week 3 & 4 Mon, Tues, Wed

WEEK 1 - 8,9,10
WEEK 2 - 15,16,17
WEEK 3 - 21,22,23
WEEK 4 - 28,29,30

AGES 7-17

**\$175 PER PLAYER
PER WEEK**

POWERED BY



PEGSBASEBALL.COM

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NICK ZESTANAKIS
347-607-9403

MAKE THIS SEASON
YOUR BEST YET BY
TRAINING WITH
PURPOSE!



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