

# ***Diamond Dreams Baseball Academy***

## **Fall Program Schedule 2010**

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Pitching, Hitting or Pitching/Hitting Program times:  
Starts on the date listed and lasts 10 weeks

<b>Day of the week</b>	<b>Time</b>	<b>Starting date</b>
▪ Mondays	5:00-6:15 pm	October 4 <sup>th</sup>
▪ Mondays	6:30-7:45 pm	October 4 <sup>th</sup>
▪ Tuesdays	6:00-7:15 pm	October 5 <sup>th</sup>
▪ Wednesdays	5:00-6:15 pm	October 6 <sup>th</sup>
▪ Wednesdays	6:30-7:45 pm	October 6 <sup>th</sup>
▪ Thursdays	4:30-5:45 pm	October 7 <sup>th</sup>
▪ Thursdays	6:00-7:15 pm	October 7 <sup>th</sup>

Cost:

Programs cost \$550 for the ten weeks. This cost includes a workbook that each player will receive.

Small Groups:

All of our programs are conducted in a small group environment with 4 players per coach. They will be run exactly like semi-private lessons.

Baseball 4 Life.

Remember...all of our programs will touch on the 4 categories that we focus on in order to build a better person along with a better player. The 4 categories are baseball skills, mental skills, nutrition, and leadership.

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### **Baseball Workouts**

These workouts will focus on balance, coordination, core strength, joint integrity, strength and power. Through scientifically proven progressions we will decrease the chance of injury while increasing your performance. It's the easiest way to take your game to the next level.

The class runs on Monday and Wednesday from 8-9 pm and Fridays from 6-7 pm

- One day option \$200.00
- Two day option \$380.00
- Three day option \$540.00

### **Speed, Agility and Quickness Workouts**

These workouts will focus on speed, agility and quickness with exercises specifically designed to improve a player's performance in these areas.

The class will run on Tuesday and Thursdays from 7:30-8:30 pm.

- Tuesdays OR Thursdays only option: \$200.00
- Tuesday AND Thursday Option: \$380.00

**610-489-3383**

**[www.DiamondDreamsBA.com](http://www.DiamondDreamsBA.com)**