



BALLYHOO
SPORTS ACADEMY AT HHAC

BASEBALL PERFORMANCE TRAINING

Program Benefits Include:

Proper Training Techniques • Access to State-of-the-Art Equipment
• Bodyweight Mastery, Especially of the Athletic Position • Spatial Awareness • Jumping and Landing Mechanics • Athletic Positioning
• Balance & Coordination • Change of Direction • Power and Strength • Mobility and Flexibility

All programs are updated to maximize progress

Program Levels:

Youth (8-11) • Junior (11-14) • Senior (14+) • Advanced (16+)

Skill Specific Programs:

Arm Care Program • Weighted Ball Program • Vertimax Training Program • Speed & Agility Training • Advanced Strength Training

Training Group Options

1 on 1 • Small Group 2-6 • Classes 4-12 • Team Training

Programs will have lengths of 30, 45, 60, 75 and 90 minute options.



Former Baseball Players Trained by Sports Performance Director Mike Malone:

John Lackey, Jared Weaver, Ervin Santana, Mike Napoli, Aaron Judge, Gary Sanchez, Dustin Fowler, Greg Bird, Jorge Mateo, Howie Kendrick, Sean Rodriguez, Erick Aybar, Luis Severino, Peter Bourjos, Bobby Wislon, Jeff Mathis, Seth Rosin, Jason Aspito

Inquire online at BallyhooSportsAcademy.com/sports-performance
or contact Mike at Mike.Malone@hhgr.com

201 S. Charles Street • Red Lion, PA 17356 • (717) 501-4012