



SOFTBALL PERFORMANCE TRAINING



Program Benefits Include:

Proper Training Techniques • Access to State-of-the-Art Equipment • Body Weight 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:

Junior (10-14) • Senior (14-15) • 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 Athletes • Classes, 4-12 Athletes • Team Training

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

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