



PBD Baseball Strength & Conditioning Boot Camp

This seven week conditioning program is designed with High school Ballplayers in mind...
Players are put thru specific resistance, Plyo-metric, speed & Agility training...

Get yourself ready for next season...

Starting Nov.3rd. 2008

Baseball Plus

400 Duffy Ave. Hicksville, NY 11801

1 Hour sessions - 7 weeks - (2X per week)

***Mon & Thurs. - Evenings**

Groups: 14 &15 Yrs. Old - 7PM -8:00PM
 16-18 Yrs. Old - 8:00PM -9:00PM

Tuition: \$ 295.00

** Register no later than Oct. 23rd**

***Reserve your spot by emailing us Bootcamp@pbdbaseball.com

Or call: 516-509-7155