



**PROGRAMS**

**Elite Bat Speed Development Program**

**Fall / Winter Season -**

12 weeks Nov 1st – Jan 28th

Tue / Thur 5:30 - 7:00pm

Ages 13+

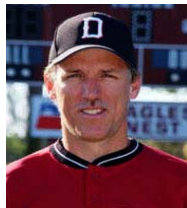
**Junior Bat Speed Development Program**

**Fall / Winter Season -**

12 weeks Nov 1st – Jan 28th

Tue / Thur 5:30 - 7:00pm

Ages 10-12



**Mike Jackson**

**Director of Instruction,  
CPT, CSCS**

Over 20years of Baseball  
Coaching and Strength and  
Conditioning experience.

Being a Certified Personal Trainer and  
Strength and Conditioning Specialist, I will  
guide and inspire you to reach your Next  
Level of baseball performance.

**Registration**

Please check one:

- Elite Bat Speed Development. *Cost \$ 599 Pd. IN FULL*
- Junior Bat Speed Development. *Cost \$ 599 Pd. IN FULL*
- Elite Program Monthly \$350     Junior Program Monthly \$240
- Elite Program per Session \$50     Junior Program per Session \$40
- Repeat Player - Free 30 min Private Lesson (After 12 weeks of program)

Payment plans also available upon request.

Participant Age: \_\_\_\_\_ Home Phone # \_\_\_\_\_

Participant Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone #: \_\_\_\_\_

Payment Method (circle one):    Check    MC    Visa

Name on Card: \_\_\_\_\_

Card #: \_\_\_\_\_ Exp: \_\_\_\_\_

Billing Address for Cardholder: \_\_\_\_\_

\_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

**Refund & Cancellation Policy:** *No Refunds will be given after commencement of program. For participants who cancel prior to the first session, a \$50 registration Fee will be assessed. Hit & Run reserves the right to cancel any program due to insufficient enrollment. Min of 4 players. Max. of 8 players per group.*

**Liability Waiver & Guarantee.** *The athlete's safety & health is our top priority. Every precaution possible will be taken to ensure that the risk of accident or injury is minimized, however, as with any athletic & exercise activity, there is always some risk. Signing below indicates that you understand the risks involved in participation of the Elite and/or Junior Bat Speed Development Programs and that you agree to hold harmless Hit & Run Baseball Inc and any of its strength and conditioning coaches, officers, agents, representatives, for any injury the athlete may experience as a result of the athletes participation in these programs. You also agree to the terms of the "Program Guarantee" as outlined previously in this brochure.*

\_\_\_\_\_  
Signature of Responsible Party of Participant    Date

\_\_\_\_\_



**ELITE  
BAT SPEED  
DEVELOPMENT  
PROGRAMS**



**MISSION and OBJECTIVE:** The Elite Bat Speed Development Programs were developed to increase a hitter's bat speed, increase torque and power through contact to become a more powerful hitter of the baseball. The program also teaches the fundamentals of hand / eye coordination, improved vision and ball tracking and improving reaction time. Hitting concepts and mental aspects of hitting will be covered. The *Elite Bat Speed Development Program* is only offered to pitchers ages 13 & up who look to maximize hitting strength in preparation for an upcoming season. The *Junior Bat Speed Development Program* is for athletes ages 10-12. The number one objective is to enhance performance and increase proper path of the hands, strength, and mechanics.



## ***HIT & RUN'S VELOCITY DEVELOPMENT PROGRAMS Reserve your spot NOW!***

**PROGRAM OVERVIEW:** The Elite program is 90-120 minutes, 2 days per week, ( 2 days per week for Junior Bat Speed Development). The programs integrate Hit & Run's advanced baseball-specific sports conditioning and core strength training, along with special key techniques needed to maximize bat speed in hitting. Strength training will be included to develop power. Power and Torque is developed in sequence with the transfer of energy from the lower extremities and core to the hitter's upper extremity. To control this transfer of energy, functional strength techniques must be emphasized.

The training will incorporate the use of the following:

- Medicine Balls (6lb, 8lb, and 10lb)
- Advanced Tubing Program
- Weighted Balls (4oz, 8oz, 1lb, 2lb, and 4lb)
- Core Strength and Conditioning program
- Balance boards
- Baseball Specific Functional Strength Exercises

**PROGRAMS INCLUDE:** An assessment of each hitter's strengths and weaknesses, (3) Video Analysis sessions, range of motion (ROM), and health and preparedness for successful participation in the program, strength program, and stabilization and flexibility routines, and a breakdown of the mental aspects of hitting along with teaching hitters to have an "approach" in the batters box. We will teach hitting in this program.

**MEASURED PERFORMANCE:** Bat Speed and Ball Tracking are regularly measured and documented to provide objective feedback and ensure program success. Hit & Run takes into consideration the special demands placed on the body during the strength training, while giving careful consideration to the developing structures of the pre-adolescent athlete. The Junior program is 60-90 mins of training, 2 days per week designed for proper mechanics and core strength building. Both programs are limited to 12 participants.

### **Hit & Run Baseball Training**

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**TAKING YOUR GAME TO  
THE NEXT LEVEL!**