

# BL Professional Training Day



This is a one of a kind training day offered here at BL for players looking to maximize their all around baseball skills and their up-coming 2010 baseball season. The idea of this work-out is to take a professional and technological approach to each player's individual baseball fundamentals (Running, Throwing, Fielding, Hitting).

- ✚ First part of the video analysis will be a practice round, focusing on each fundamental. Then we will take a lunch break and review the footage and analyze ways to improve and progress. We will also incorporate radar gun testing.
- ✚ Second part of the video analysis will be the professional round where we will take the footage recorded of each fundamental and emailing it to your personal email address, with recommendations of what each player can do to continue progressing.
- ✚ Third part of the video analysis, with permission only, is to take each player's professional video and take a highlight from the work-out to up-load on to YouTube. This will be special for the players and give them a chance to send the video to their friends or to send it to family members for the holidays.

## Requirements:

- ✚ Players will be grouped by age, 13-18 years of age.
- ✚ Pre-Register at the front desk before the day of the work-out
- ✚ We will only accept 15 players per work-out, the work-out will be offered twice for those that may be travelling for the Spring Break Season.
- ✚ BL will provide lunch for the work-out

Dates/Times: June 2<sup>nd</sup>, June 9<sup>th</sup>, June 16<sup>th</sup>, June 23<sup>rd</sup>, July 14<sup>th</sup>, July 21<sup>st</sup>:  
10:00am-3:00pm each session.

## Cost:

- ✚ \$100 member price/\$125 non-member price per player, if you sign-up for one or more work-out, the price is \$75 member price/\$100 non-member price per player. A \$25 deposit must be made to reserve your spot. Please register in advance.