

Elite Sports Ohio

Hitters Performance Enhancement Training

Sweat Soaks the Road to Victory!

ESPT

elite sports performance training

330-494-2110

www.EliteSportsOhio.com



This performance training program will increase explosive strength, hitting velocity, arm swing strength and vertical jump. This three week training program, will include testing and evaluation. For Athletes entering 7th through 12th grade.

Cost: \$ 55.00 per session (\$15.00 discount off 2 sessions)

- Session 1: June 22nd, June 24, June 29th, July 1st, July 6th and July 8th 1:00-2:00 pm
- Session 2: June 22nd, June 24, June 29th, July 1st, July 6th and July 8th 2:00-3:00 pm
- Session 3: June 23rd, June 25, June 30th, July 2nd, July 7th and July 9th 1:00-2:00 pm
- Session 4: June 23rd, June 25, June 30th, July 2nd, July 7th and July 9th 2:00-3:00 pm
- Session 5: July 13th, July 15th, July 20th, July 22nd, July 27th and July 29th 1:00-2:00 pm
- Session 6: July 13th, July 15th, July 20th, July 22nd, July 27th and July 29th 2:00-3:00 pm
- Session 7: July 14th, July 16th, July 21st, July 23rd, July 28th and July 30th 1:00-2:00 pm
- Session 8: July 14th, July 16th, July 21st, July 23rd, July 28th and July 30th 2:00-3:00 pm

Sessions limited to maximum 8 athletes

Name _____ Email _____

Grade _____ School _____ Phone Number _____