



Baseball Prep Workouts

**Get Prepared For Season
February**

Support Local Youth Baseball Organizations and Receive The Absolute Best Baseball Training & Instruction

These one-of-a-kind instructional workouts are extremely informative and beneficial. This will be a great opportunity for any young player to obtain the knowledge and resources needed to become a better player. Workouts will be taught by members of our elite coaching staff. We have some of the most knowledgeable coaches in the Bay Area, all with professional and/ or college experience.

- **This is not your typical camp or clinic where players receive the same old info.**
- **Players will be put through a comprehensive instructional workout, which is modeled after our high school and college prep program.**
- **Players will learn and develop the necessary fundamentals, skills, and mindset needed to excel in baseball.**

Workout Features:

- Hitting • Pitching • Fielding • Bunting • Speed & Strength Training
- Arm Strengthening • Base Running • Chalk-Talk Sessions

When: Monday-Fridays 5:30-8:00 & Sundays 2:00-4:30 (see schedule on reverse)

Age Groups: ages 6-8 & 9-11 (Instructional/ Developmental)
ages 12-14 (High School Preparation)

Cost: \$30 per workout (\$5 OFF for members)

******* \$5 will be donated directly to the participating organization of your choice *******

Monthly Membership \$250 (Members Only)

******* \$25 will be donated directly to the participating organization of your choice *******

- Workouts will be held at South Bay Sports Training: 995 E. Santa Clara St., San Jose, 95116
(At the corner of S. 21st & E. Santa Clara St., with easy access from 101 & 280)
- Players need to have baseball attire and equipment
- Please arrive 15 minutes before scheduled start time.

Limited Availability. Do not miss out on this opportunity.

For questions, more information, or to reserve a spot email: southbaytraining@aol.com

To Reserve Spot: email name of player, age of player, workout date/s you wish to attend, organization you wish to support, email address, a contact phone number where you can be reached, and members leave your Member ID#.

FEBRUARY 2010

Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 5:30-8:00 @ SBST	2 5:30-8:00 @ SBST	3 5:30-8:00 @ SBST	4 5:30-8:00 @ SBST	5 5:30-8:00 @ SBST	6 X	7 X Super Bowl
8 5:30-8:00 @ SBST	9 5:30-8:00 @ SBST	10 5:30-8:00 @ SBST	11 5:30-8:00 @ SBST	12 5:30-8:00 @ SBST	13 X	14 2:00-4:30 @ SBST
15 5:30-8:00 @ SBST	16 5:30-8:00 @ SBST	17 5:30-8:00 @ SBST	18 5:30-8:00 @ SBST	19 5:30-8:00 @ SBST	20 X	21 2:00-4:30 @ SBST
22 5:30-8:00 @ SBST	23 5:30-8:00 @ SBST	24 5:30-8:00 @ SBST	25 5:30-8:00 @ SBST	26 5:30-8:00 @ SBST	27 X	28 2:00-4:30 @ SBST

SBST- South Bay Sports Training: 995 E. Santa Clara St., San Jose, 95116
 (At the corner of S. 21st & E. Santa Clara St., with easy access from 101 & 280)

Are You A Member Yet?

***Support Local Youth Baseball/ Softball
 Organizations and Receive The Absolute
 Best Training & Instruction***

SBST Membership Discount Program 2010

- *Offers and discounts will include **\$5 OFF** camps & clinics, private lessons, instructional workouts, player evaluations, training programs, cage rentals, and more.
- *Members will receive special offers and discounts for the entire year.
- *Membership pays for itself after just one use.
- *You get to help support the participating organization of your choice.

To Become A Member Go To:

www.SOUTHBAYTRAINING.com

Click the *membership program* button on the top menu, follow the instructions, and start saving.

Membership cost is \$5

(20% of each membership is donated to the participating organization of your choice)