

BEN BERG BASEBALL ACADEMY

12-14 YEAR OLD PRE-SEASON PLAYER DEVELOPMENT

MARCH 3RD – APRIL 30TH

BASEBALL DEVELOPMENT AND ATHLETIC PERFORMANCE

- 12-14 Year Old, March 3rd – April 30th (8 weeks); Tuesdays and Thursdays 5:00-7:00 PM
- Hitting- 5:00-6:00 PM
- Pitching & Defense- 6:00 –7:00 PM
- Sports Performance Training is available!

Cost: \$500

Position Player Training

- Movement screening
- Bat Speed Training
- Video Analysis

Pitcher Training and Defensive Training

- Warm-up and recovery program
- Movement screening
- Video Analysis
- Velocity Training
- Infield and Outfield

Post Outcomes

Average Exit Velocity increased by 4.6mph. Hard Hit % increased by 27%. Average throwing velocity increased by 3-4mph. 10+ college commitments over the past 5 years.

Register at sanfordsports.com/locations/bismarck or call (701) 323-1125

Training is with Ben Berg Baseball Academy Coach Logan Krivoruchka