

BEN BERG BASEBALL ACADEMY

Summer Hitting Groups

Program Training Times and Cost

June 2 – July 22 (No training the week of July 7)

- 9-10 Year Olds
 - Tuesdays
 - 9:00 AM – 10:00 AM
- 11-12 Year Olds
 - Tuesdays
 - 10:00 AM – 11:00 AM
- 13-15 Year Olds
 - Tuesdays
 - 1:00 PM – 2:00 PM
- 16-18 Year Olds
 - Tuesdays
 - 2:00 PM – 3:00 PM
- Cost
 - \$175 for 7 week program

Program Details

- Blast Hitting assessment (attack angle, time to contact, bat speed) & Rapsodo Assessment
- Movement assessment
- Video analysis
- Weighted bat training
- Groups will be limited to six athletes

Register at [Sanfordsports.com](https://sanfordsports.com) or by phone at (701) 323-1125