

BEN BERG BASEBALL ACADEMY

Summer Pitching Groups

Program Training Times and Cost

June 3 – July 22 (No training the week of July 7)

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

Program Details

- Use of Rapsodo for enhancement in pitch design
- Pre and Post Throw protocols
- Strategies for controlling the run game
- Mechanical Assessment
- Video Analysis
- Small Group Setting
- Groups will be limited to 6 Athletes

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