



SPRING TRAINING

WWW.BAILLARGEONATHLETICS.COM



For Young Athletes

“Building a Strong Foundation for the FUTURE”

Introducing a 4 week program that will focus on Sport Specific training for baseball.

REGISTER TODAY!

SPACE LIMITED TO FIRST 30 REGISTERED BOYS or GIRLS (ages 9-14)

Dates: Session 1: Sunday, January 8th - 29th
 Session 2: Sunday, February 5th - 26th
 Session 3: Sunday, March 4th - 25th

Time: 4:00pm-5:00pm
Location: World Gym in Norwich

Cost: **\$49.00 per session**

Act NOW and parents will receive EXCLUSIVE access to the World Gym facility between the hours 4-5pm for FREE! (\$50 value)

Offered by—Chris Baillargeon, BS, NSCA, CSCS

LEARN...

1. Basics of youth strength training for athletes playing baseball
2. Drills to increase power (i.e. throwing, hitting, running, and more...)
3. Keys to increasing game speed and first step quickness

A program that will increase your athletes arm strength, hitting power, running speed, flexibility, and confidence or your money back GUARANTEED!

NAME: _____

ADDRESS: _____

PHONE: _____

E:MAIL: _____

AGE CHILD: _____ **GRADE:** _____

SHIRT SIZE: Youth M L / Adult S M L XL

PAYMENT ENCLOSED

CHECK # _____

Make checks payable to “Baillargeon Athletics, LLC”

Mail payment to:
 250 North Wawecus Hill Road
 Norwich, CT 06360

or
 Call 860-303-4959 to register

All registered athletes must sign waiver form before participating in any activities.