

Registration Form

13 WEEK PROGRAM
11/10/08 - 2/12/09

Registration Ends: Wednesday, Nov 5th

Name: _____
FIRST

Address: _____
LAST

City: _____

State/Zip: _____

Phone: _____

Email: _____

Emergency Contact: _____

Emergency Phone: _____

Jersey Size:

Youth S M L XL

Adult S M L XL XXL

Signature of Responsible Participant _____ Date _____

Printed Name of Responsible Participant _____

Liability Waiver & Guarantee: The athlete's safety & health is our top priority. Every precaution possible will be taken to ensure that the risk of accident or injury is minimized, however, as with any athletic & exercise activity, there is always some risk. Signing below indicates that you understand the risks involved in participation of the Elite and/or Junior Bat Speed Programs and that you agree to hold harmless Slammers Strength, Power Nutrition & Fitness and any of its strength and conditioning coaches, officers, agents, representatives for any injury the athlete may experience as a result of the athlete's participation in these programs. You also agree to the terms of the "Program Guarantee" as outlined previously in this brochure.

Sign Me Up!

Please Check One:

Elite Bat Speed
\$795

Jr. Bat Speed
\$650

Slammers Strength Programs -

Elite Program - ages 14 and up

TWO GROUPS: Mon-Wed, Tues-Thurs: 5:30-7:00pm

Jr Program - ages 10-13

TWO GROUPS: Mon-Wed, Tues-Thurs: 7:00-8:00pm

YES, for only an additional \$200, I will participate in both the Bat Speed and Arm Velocity programs.

Sessions may take up to 1 1/2 hrs to complete. Due to the overwhelming response to our programs, participants must come to their assigned time slot. In order to keep a high quality of instruction, Slammers has decided that make-up session must be scheduled with an instructor. In order to maintain the integrity of our programs, students may not make up any part of the training without supervision. Note: Christmas Day through New Years Day are off days, scheduled week off from 12/25/08 through 1/1/09.

Payment Method: circle one

Check MC Visa Discover American Express

Name on Card: _____

Card Number: _____

Expiration Date: _____

Billing Address for Card Holder

Address: _____

City _____ State/Zip: _____

Signature _____

Refund & Cancellation Policy: No refunds will be given after commencement of the program. Player Rates can not be discounted nor prorated due to no shows after program begins. Slammers reserves the right to cancel any program due to insufficient enrollment. Payment plans available upon request.



Premier Indoor Training Facility in Colorado

Slammers
strength™



Where Big Leaguers are Born.



BSP
Bat
Speed
Program
Strength
Training



13 Week
Program
Begins
Nov 10, 2008

**Register Online
Today!**

For more information contact Mark Holzemer at 303.988.7426, mholzemer@slammersbaseball.com

www.slammersbaseball.com

Premier Indoor Training Facility in Colorado

Where Big Leaguers are Born.

BSP Bat Speed Program Strength Training

An assessment of each athlete's rotation, health and preparedness for successful participation in the program, a video analysis of batting mechanics, an advanced state-of-the-art batting-specific strength program, swinging routines to build strength, power, speed, balance and flexibility, training drills to develop reaction time, hand-eye coordination, and tracking the ball.

Measured Performance:

Bat Velocity and ball tracking accuracy are regularly measured and documented to provide objective feedback and ensure program success. Participants will also have three video analysis sessions throughout the training program.



Bat Speed PROGRAM

Objective:

Our Bat Speed Hitting Program was developed to train the body to perform the correct rotational mechanics during the batting process. The Elite Bat Speed is only offered to players ages 14 & up who look to maximize hitting ability. The Junior Bat Speed is for athletes ages 10-13. There is nothing more frustrating than struggling at the plate. Therefore, the number one objective is to get the player more at ease

and confident when batting. Slammers Strength will help the athlete to perform at their peak power and batting speed all season long. Not only do our programs focus on the torque and rotational mechanics, but we also focus on actually hitting the ball. Reaction timing drills, tracking the ball, and hand-eye coordination are a must for big hitters.

How BSP Works:

The 2 day per week (2 day per week for Junior) program includes a comprehensive age-specific resistance program. Strength training will be included to develop speed and power, focusing on the core muscles, back region and auxiliary muscles all used when coiling and uncoiling during a bat swing. Several swinging drills are incorporated in order to increase hitting ability, and ensure proper mechanics. Poor visual skills & delayed reaction time can limit an athlete's ability to hit. The most important visual skill is the ability to track the ball. This entails conditioning the eyes to remain focused on an object while it moves toward you. Reaction time (the time between stimulus and beginning of response) is quickened in the Slammers Strength Bat Speed Program by training drills that the pros use.



Slammers Baseball
1878 S Wadsworth Blvd.
Lakewood, CO 80232-6831


Slammers
baseball™

303.988.7426
fax: 303.989.7468
PowerNutr@aol.com

