



HARD 90 BASEBALL's Total Player Program 2012 SPRING QUARTER



EST. 2005

www.hard90baseball.com
(916) 365-4977

Outdoors at Folsom High School (& indoors at The Clubhouse for 13/14's)

Ten Workouts per quarter: \$240 total if paid in advance or \$80/monthly easy EFT contract
 Ten Workouts per quarter with open hitting: \$300 total or \$100/monthly easy EFT contract
 Five Workouts per quarter: \$150 total if paid in advance or \$50/monthly easy EFT contract
 Five Workouts per quarter with open hitting: \$210 total if paid in advance or \$70/monthly EFT contract
 Month to month payment not available (unless on easy EFT) *SIBLING RATE IS HALF.*
 Any easy EFT contract (download at www.hard90baseball.com) is a minimum of 3 months
 with 30 days written cancelation notice. Single Workouts are \$35 if paid as a walk-up.

**PROFESSIONAL INSTRUCTION ON HITTING, PITCHING,
FIELDING, CATCHING, BASERUNNING AND MORE!**

Emphasis also on game situations, mental preparation and core strength/agility.

MUST HAVE A PARTICIPATION/RELEASE FORM ON FILE OR DOWNLOAD at www.hard90baseball.com

Age as of April 30, 2012

Ages 7-9's	9:00am-11:30am Sundays at Folsom High	March 4, 11, 18, 25	April 1, 15, 22, 29	May 6, 20
Ages 10-11's	11:30am-2:00pm Sundays at Folsom High	March 4, 11, 18, 25	April 1, 15, 22, 29	May 6, 20
Age 12	2:00pm-4:30pm Sundays at Folsom High	March 4, 11, 18, 25	April 1, 15, 22, 29	May 6, 20
Ages 13-14's	10:30am-1:00pm Saturdays at Folsom High	March 3, 17	April 14	May 5, 19
	5:30pm-8:00pm Wed. at CLUBHOUSE	March 7, 21	April 4, 25	May 23

**Open Hitting is for members and is an additional \$20 per month.
(sibling discount not applicable)**

OPEN HITTING HOURS FOR THE SPRING at THE CLUBHOUSE

Except for tournament weekends and holidays as listed: 4/7, 4/8, 5/26, 5/27

Ages 7-11: Tues. or Thur. 6pm-7:30pm and Saturdays 5pm-6:30pm

Ages 12-14: Tues. or Thur. 7:30pm-9pm and Saturdays 6:30pm-8pm

***High School Players: Sundays 12pm-2pm**

*H-90 members who have EFT accounts on freeze can pay \$10 drop-in fee each Open Hitting visit.

Folsom High School: 1655 Iron Point Rd., Folsom: Off Highway 50, exit Prairie City Rd. and head north. **Take a right at street ACROSS FROM INTEL (no street name).** NOTE IF YOU HIT IRON POINT RD., YOU'VE GONE TOO FAR. Go up small hill and parking lot is immediately on your left side.

The Clubhouse (El Dorado Hills Facility): 1235 Glen Haven Ct., El Dorado Hills: Take Highway 50. Exit Latrobe/El Dorado Hills. Head South on Latrobe. DO NOT TURN on the 1st Golden Foothills Pkwy (Business Park #1). After approx. 1 mile turn right on 2nd Golden Foothills Pkwy (Business Park #3). 1st left on Robert J. Matthews. 1st right on Hillsdale. Left on Glen Haven Ct. 1235 Glen Haven Ct. (H-90 at end of court on left side).

- Lessons - Workouts - Clinics - Camps - Tournament Teams -