



HARD 90 BASEBALL

TOTAL PLAYER PREP PROGRAM

2008 SUMMER QUARTER

10 FULL WORKOUTS

- raise your game! -

\$25 per workout for 5 or more sessions paid in advance or “pay as you go”

@ \$30 per session (sibling discount is \$125 for 10 sessions) **INCLUDED:**

PROFESSIONAL HITTING INSTRUCTION	PROFESSIONAL PITCHING INSTRUCTION	SPEED, AGILITY, & CORE STRENGTHENING
PROPER FIELDING MECHANICS	“INSIDE BASEBALL” GUEST SPEAKERS	CATCHING INSTRUCTION
BASERUNNING	GAME SITUATION SIMULATIONS	DEVELOPMENT OF FOCUS & APPROACH

FILL OUT A PARTICIPATION FORM at www.hard90baseball.com to sign-up.

Age as of May 1, 2008. Following dates and times subject to change:

7 to 9 year olds

SUNDAYS: 10:00am-12:30pm: June 8 & 29; July 20; August 3 & 17 (AT LOCKRIDGE)

THURSDAYS: 5:00pm-7:30pm: July 17 & 24; August 7, 14, & 28 (AT ARENA)

10 to 11 year olds

SUNDAYS: 12:00pm-2:30pm: June 8 & 29; July 20; August 3 & 17 (AT LOCKRIDGE)

WEDNESDAYS: 5:00pm-7:30pm: July 16 & 23; August 6, 13 & 27 (AT ARENA)

12 year olds

SUNDAYS: 2:30pm-5:00pm: June 8 & 29; July 20; August 3 & 17 (AT LOCKRIDGE)

THURSDAYS: 5:00pm-7:30pm: June 5, 12 & 19; July 31; August 21 (AT ARENA)

13 year olds

SUNDAYS: 12:00pm-2:30pm: June 22 & 29; July 20; August 3 & 17 (AT WHITNEY HIGH SCHOOL)

THURSDAYS: 5:00pm-7:30pm: June 5, 12 & 19; July 31; August 21 (AT ARENA)

14-16 year olds

SATURDAYS: 10:00am-12:30pm: June 7 & 28; July 19; August 2 & 16 (AT WHITNEY HIGH SCHOOL)

WEDNESDAYS: 5:00pm-7:30pm: June 11 & 18; July 9 & 30; August 20 (AT ARENA)

Sign up today by sending a check & participation form in advance or pay online at www.hard90baseball.com. Credit will not be issued for any missed sessions unless arranged beforehand. A walk-up daily rate of \$30 is available for individual sessions. Further questions call **916-771-3818 press 2 for Hard 90.**

Arena Softball: Off Hwy 65, go West on Pleasant Grove Blvd. Turn right on Washington Blvd. Turn left on Industrial Ave. The Arena will be immediately after the railroad tracks, 8288 Industrial Ave.

Lockridge Park: From Hwy 80, take Douglas Blvd. east. Turn right on Eureka Rd. Park is on left hand side after a few miles, 2601 Eureka Rd.

Whitney High School: From Hwy 65 north exit at Sunset. Turn left at Stanford Ranch Rd. turn left on Wildcat Blvd. and school is on the right.

HARD 90 BASEBALL ACADEMY 8288 Industrial Ave., Roseville, CA 95678. www.hard90baseball.com