



## **Baseball/Softball Speed & Rotational Power Boot Camp**

*If you wish you had a faster first step out of the box or higher top end speed down the line, then this camp is for you! Do you wish you could generate more power in your swing? Fast twitch muscle fiber is the only type of muscle fiber that we are interested in developing for baseball/softball athletes; and we guarantee you will improve your speed and rotational power! Serious athletes only!*

### **Camp Details**

Total of six 1 hour sessions

Dates: Aug. 4<sup>th</sup> - Aug 20<sup>th</sup> (Tuesdays & Thursday from 10am -11am)

Ages: 12-18 (split up by age at camp if necessary)

Location: Green Lake

Cost: \$145 or Punch cards also available for \$25/session.

### **What's Included?**

- Boot Camp Orientation: Initial Player Speed Evaluation and Testing
- Fast twitch muscle activation warm up
- Absolute top end linear speed development
- 1<sup>st</sup> step acceleration and power output
- Change of direction quickness & technique
- Rotational power development
- Professional base running tips and techniques to transfer into the game
- Lateral drive development
- Speed generating core strength development

### **How to Register?**

Please call us at 206-293-1650 or email us at [ryan@rileyathletics.com](mailto:ryan@rileyathletics.com) today before this camp fill up and we will email you a registration form!