



ELITE HITTING & STRENGTH CLASS WITH GREG HAEGER

This **Elite Hitting & Strength Class** is a small group, high intensity, high reps hitting development program combined with Baseball specific lifting from **Total Performance**. **HitTrax** & **Rapsodo** technology are used to measure offensive metrics. Classes are run by **Coach Greg Haeger**, Director of Total Baseball, former Head Coach for Madonna Baseball & 2 time MLB draftee.

Players will learn sound repeatable mechanics to:

- Drive the ball with authority
- Increase exit velocity
- Keep the bat in zone & barrel on plane
- Have a quicker, more athletic swing



- **AGES:** 11U-18U /
players grouped by age
- **# OF SPOTS AVAILABLE:** 6
- **DAYS:** Tuesdays & Fridays
- **TIME:** 5:00-7:00 pm
5:00-6:00 pm w/Greg Haeger,
6:00-7:00 pm w/Total Performance
- **LOCATION: Total Baseball**
30990 S. Wixom Rd., Wixom MI

- **SESSION 4 DATES:**
January 4-February 1
(9 total classes) \$450/player
- **SESSION 5 DATES:**
February 5 - March 8
(10 total classes)
\$500/player



REGISTRATIONS

www.totalsportscomplex.com DASH Login (*locations settings: Total Baseball*) or CALL: (248) 668-0166

