



TOTAL BASEBALL

VELOCITY IMPROVEMENT PROGRAM "VIP"

AGES: 9-14 yrs.

CLASSES: Tuesdays 5:10-6:10 pm and
Saturdays 10:00-11:00 am

COST: \$250/player/session
(\$50 sibling discount)

WINTER 2021 DATES

1. January 5-February 6
2. February 9-March 13
3. March 16-April 17

DESCRIPTION: This program is designed to cover the building, strengthening, and overall arm and body care of the baseball player, as well as velocity improvement. Radar gun readings. Age specific work out plans and drills for players.

TO REGISTER / MORE INFORMATION:

Call: (248) 668-0166

Web: [www.totalsportscomplex.com/
locations/wixom/baseball/](http://www.totalsportscomplex.com/locations/wixom/baseball/)

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