



Advanced Strength Concepts Inc.

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2010 Youth Baseball Season Preparatory Package

Dates: March 27 to May 2, 2010
Ages: Minimum Birth Year 1999

Prepare yourself for the season the right way - prepare the X way.

This complete preparatory package includes everything a young baseball player needs to be at his/her best when the season starts.

This package offers the following:

-  1 Hitting Session per week starting March 27 (6 total sessions)
-  1 Athletic Advancement/Conditioning Session per week starting March 29 (6 total sessions)
-  1 On-Field Skills Development Session per week starting March 28 (6 total sessions)
-  XConditioning T-Shirt

Program Cost: \$430+GST

This preseason program includes sport-specific athletic advancement and structured aerobic sessions, 6 hours of hitting instruction, and 6 hours of on-field skills development. The Xconditioning strength specialists work hand-in-hand with the athlete to advance their skills in all forms of athleticism and baseball-specific skills. Hit the field running this season with Xconditioning.

A deposit of 50% of the program cost is required to reserve your spot. Payment plans available.

Contact us by phone or email today to save your spot.

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