



PRO PERFORMANCE
ATHLETICS

BASEBALL CAMP!

Summer Baseball Camp

Pro Performance Athletics is hosting its weeklong baseball skills, training and speed camp. These week long clinic is specifically designed to develop both our players skill set, passion and its creative components.



Age: 6-10 years

Dates: June 24-June 27

Time: 3:30 PM - 4:30 PM M-T

Age: 11-13 years

Dates: June 24-June 27

Time: 4:45 PM - 6:00 PM M-T

***Please come dressed in shorts, t-shirt attire with tennis shoes, bring gloves and your bat. ***

NO CLEATS!

Younger Group: 6-10 years

\$125 for the full week

- Warm-Up
- Basic Fundamentals of the game and rules
- Hitting (Tee, Soft Toss)
- Proper Throwing Mechanics
- Intro to Pitching
- Infield and Outfield drills (Ground balls, Tracking Fly Balls)
- Basic Baserunning
- Fun Game To End Camp

Older Group: 11-13 years

\$155 for the week

- Warm-Up
- Baseball Rules and Etiquette
- Pitching Mechanics (Wind-Up, Stretch, Grip)
- Infield and Outfield drills (Ground balls, Backhands, Tracking Fly Balls)
- Hitting (Tee, Soft Toss, Overhand, Bunting)
- Baserunning (Leads and Steals)
- Fun Game to End Camp

YOUR POTENTIAL, OUR COMMITMENT

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