



PRO PERFORMANCE
ATHLETICS

483 Long Point Rd

ProPerformanceAthletics.com
(843)388-4673



We Are Proud to Introduce

FIERCE PROGRAM



An intensive Off-season Training Program

Starting Monday, Nov. 11

JR FIERCE- \$300

for players 6-10 years
SPEAR Tuesdays
3:30 - 4:30 pm

Baseball Specific- Starting
Monday, Nov. 11 4:30-5:45 pm
Wednesday, Nov. 13 4:30-5:45pm

FIERCE- \$400

for Middle School players
SPEAR Tuesday 5:30- 6:30 pm

Baseball Specific- Starting
Monday, Nov. 11 6:00-7:30 pm
Wednesday, Nov. 13 6:00-7:30 pm

*Increase Overall Speed, Agility, Strength & Endurance

*Optimize Bat Acceleration, Hand Speed and Power

*Improve Footwork, Body and Glove Positioning

*Enhance Throwing Distance, Release Quickness, Arm Speed, Velocity and Accuracy

*Instill Proper Base Running Techniques and Philosophies

*Receive diet tips from our In House Nutritionist to Gain Sustainable Muscle Mass and Strength

*Optimize Your Energy Levels Through Proper Diet and Supplementation

The program consists of 11 sessions schedule on Monday & Wednesday. Program ends Wednesday, December 18th

A nonrefundable deposit of \$50 is required to hold the spot for your child. The final balance of the complete program is due on Monday, November 11th.

For more information or to register please go to

www.ProPerformanceAthletics.com or call 843-388-4673

YOUR POTENTIAL, OUR COMMITMENT