

College Bound Camps - Winter Program

Complete Program = 6 Classes / 60 Minutes Each Class
Program Offers 3 Offensive Classes & 3 Defensive Classes

Defensive



Speed & Agility



Offensive

December 2nd, 2022 – January 13th, 2023 Fridays
(Skip Dec. 23th)

Defensive + Speed & Agility - Dec. 2, Dec. 16 & Jan. 6

Offensive + Speed & Agility - Dec. 9, Dec. 30 & Jan 13

Defensive

Foot & Hand Speed
Glove Work
Video Analysis
Bag Work
Mental Training

Offensive

Blast Test
Exit Speed
Situational Hitting
Video Analysis
Mental Training

Speed & Agility

Core Work
Foot Speed
Arm Strength
Explosive Power

Program Staff:

All American Sports Academy Instructors, College Coaches, and Current and Past College Players

Cost: 6 Classes / \$165.00 per player
3 Classes / \$125.00 per player
1 Class / \$35.00 per player

Two Levels: 8u – 12u 6:00pm to 7:00pm
14u – 18u 7:00pm to 8:00pm

Sign up on all 6 Dates, 3 Dates, or Pick a Date that works for you!!!

Location: All American Sports Academy – 280 East Larch Road #117, Tracy CA 95304

Great Value:
All 6 Dates only \$27.50 per Class
Great Staff
Space is Limited
(last year sold out)

For Additional Info Contact the Academy
Phone: (209) 833-2255
Email: Info@allamericansportsacademy.net

Once Registered there will be no "Refunds" or "Make-Ups"