



Niagara International Sports & Entertainment

4-Week Hybrid Training Classes

Open to Ages 13 through 18

Baseball Training to include...

- Lateral Footwork
- Approach to groundballs
- Glove positioning
- Swing mechanics
- And much more...

Athletic Training to include...

- Agility workouts
- Increasing Rotational Power
- Foot speed development
- Body control drills
- And others...

Thursdays, January 19th through February 9th

Training runs from 8:00 to 9:30 each week

**** Space is LIMITED TO 8 PLAYERS! ****

\$75 - Members

\$95 - Non-Members

Please Register at:

WWW.NISEEVENTS.COM