

# Avery's All-Star Off-Season Workout Program

# Fall Session

Presented By:

Mark Avery

Phone: 586-362-3583

Email: markavery@comcast.net

## Major League Off-Season Workout Program

Arm Strength - Core Development  
Plyometric Training - Strength Training  
Speed Training - Flexibility

### What Makes This Workout Program Different?

Baseball Specific - Arm Strength and Base Running Speed  
Time Tested - Over 15 Years Training Baseball Players  
Quantifiable Results - Pre and Post Training Tests  
Experience - Drawn From Professional Baseball  
Cost Effective - 12 Sessions of One Hour over 6 Weeks  
Long Toss Twice A Week

**NEW THIS YEAR - ONE FREE HALF HOUR LESSON WITH MINOR LEAGUE COACH WITH SIGN UP!!!**

Starts: Tuesday, September 14, 2010  
Runs: Every Tuesday and Thursday  
Ends: Thursday, October 21, 2010  
Ages: 7<sup>th</sup> Grade to 12<sup>th</sup> Grade  
Times: 6:00 - 7:00  
Cost: \$120

### CUT AND RETURN

1871 Fair Oak Court, Rochester Hills, MI 48309 - Make Checks Payable to Mark Avery

I wish to enroll in the 2010 **Avery's All-Star Off Season Workout Program**. Neither Avery's All-Star Baseball Camps, Visionary Industries, Inc 140 Premier Drive, LLC, the Director, nor anyone else connected with the camp assumes responsibility for accidents (medical, dental) or any injuries incurred as a result of attendance at this camp. My parents or guardian authorizes the directors of the baseball camp to act in their best judgment in any emergency requiring medical attention. I will furnish my own insurance.

Parent's or Guardian's Signature \_\_\_\_\_

Health Insurance Company \_\_\_\_\_

Policy Number \_\_\_\_\_

Camper's Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_

Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Grade \_\_\_\_\_

Email Confirmation \_\_\_\_\_ (@) \_\_\_\_\_

