



Youth Development Program

BIGGER FASTER STRONGER

This is what ever athlete and coach is looking for. If this is you, then the Baseball Academy has the program for you.

The Baseball Academy Youth Development Program is designed to help each athlete develop his full potential and put himself in a position to dominate and win.

BAT SPEED

This is a unique program used by colleges and universities. Birmingham Baseball has used this program to develop 90+MPH bat speed with our high school teams.

SPEED-AGILITY

Designed not only to build straight ahead speed but also lateral movement and nimbleness.

VERTI-MAX SYSTEM

Verti-max gives the ability to dynamically and simultaneously load multiple spots on the human body. It delivers superior strength and conditioning benefits, therefor building speed, vertical leap and explosion power.

Dates: October 18th, 2016 - January 19th, 2017

Day & Time: Tuesdays and Thursdays- 7:30-9:00

Cost: \$250.00 a month

*Excludes Thanksgiving (Nov.24th) and Christmas (Dec. 27th-29th)

AGES: 9-13

Name _____ **Age** _____

Address _____

City _____ **ST** _____ **ZIP** _____

RELEASE AND INDEMNITY AGREEMENT:

I hereby give consent for my child to participate in activities at The Baseball Academy and Competitive Sports Training. I understand that injuries can occur during participation in a sport such as baseball. I hereby release and agree to hold The Baseball Academy and Competitive Sports Training harmless. The Baseball Academy and Competitive Sports Training, their respective agents and employees, of any liability, claims, demands, injuries, or causes of actions which may arise by virtue of an omission of acts, negligible or otherwise. A parent must sign this form if the child is under the age of 18 years.

PARENT: _____ DATE: _____