

# Athletic Development Program

All Athletes / All Sports / All Levels  
6 Weeks / 6 Sessions / Grades 5th - 8th

Starting November 14th

Focusing on:

Injury Prevention | Increase SPEED | Increase POWER  
Improvement in Movement Quality | Core Training and Balance  
Better Joint Mobility and Flexibility.

Times: (Please Check One)

Monday  
4:00pm-5:00pm

Wednesday  
4:00pm-5:00pm

Fee  
\$200

Name: \_\_\_\_\_

School: \_\_\_\_\_ Year of Graduation: \_\_\_\_\_

D.O.B: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_ Zip: \_\_\_\_\_ Home # \_\_\_\_\_ Cell # \_\_\_\_\_

Email: \_\_\_\_\_

Payment Type:

Check# \_\_\_\_\_ CC# \_\_\_\_\_

Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Make Checks Payable to PROSWING  
ProSwing Athletic Training Center  
36 Midland Avenue, Port Chester, NY 10573

Fax this to 914-937-2304

For More Information

Contact Brian Robinson at [brian.robinson@xltraining.net](mailto:brian.robinson@xltraining.net) OR

Contact Brian Klepacki at [brian@bktrainer.com](mailto:brian@bktrainer.com)

[www.proswingbaseball.com](http://www.proswingbaseball.com)