

FALL HITTING PROGRAM!

STARTS:
WEEK OF AUGUST 13,
2018
12 WEEKS LONG



WHERE:
GRANT COMPLEX

COST? \$75 per player

***MAX- 12 ATTENDEES**

***COMPARE- 1 INDIVIDUAL HITTING LESSON IS \$40-\$50**

COACH MONITORED? YES

HS AGES-- SETH & KOLBY MODDELMOG

YOUTH- MATT MCCASLAND & PEYTON WINGERT
(MHS BASEBALL COACHES)



Register?

WWW.BULLPUPBASEBALL.COM → CLICK OFF-SEASON INFO

Weekly updates posted on Twitter- @bullpupbaseball

High School

TUES / WED/ THURS

5:00 PM (30-45 Min)

YOUTH -

SUN / MON/ WED

6:00 PM (30-45 Min)

****AGES 10-14 ONLY****

YOU WILL SEE RESULTS!



EQUIPMENT PROVIDED

- 1. RADAR GUNS**
- 2. OVERLOAD BATS**
- 3. UNDERLOAD BATS**
- 4. REGULAR BATS**
- 5. PLYO BALLS**

GOALS?

- **Swing with the intent to do damage**
- **Train by doing NOT cues**
- **Increase bat speed to allow more power in swing!**
- **DATA DRIVEN!**

