

2015 BASEBALL/SOFTBALL TRAINING



GRAND FORKS PARK DISTRICT

Session Dates:

Session I: Feb. 2nd - 27th
(Reservation deadline: Jan. 28th)

Session II: March 2nd - 27th
(Reservation deadline: Feb. 25th)

Session III: Mar. 30th - Apr. 24th
(Reservation deadline: Mar. 25th)

**Add \$5 late fee for reservations received after deadline*

Instructors:

Ryan Carlson | Lead Trainer
Strength Training/Athletic Development,
Speed Training, Baseball Instructor

Alex Sumner: Baseball/Softball Instructor

Melanie Hanson: Softball Instructor

Eric Gast: Baseball Instructor

BASEBALL/SOFTBALL TRAINING | 4-WEEK SESSION RATES

	Private Session (Skills Training)	Group: 2 People (Skills Training)	Group: 3 - 4 People (Skills Training)	Group: 5 - 8 People (Skills Training)	Team: 8+ (Speed Training, Strength, Athletic Improvement)
1x Per Week For 60 Min	\$180.00 (\$45.00 each session)	\$160.00 (\$40.00 each session per person)	\$140.00 (\$35.00 each session per person)	\$80.00 (\$20.00 each session per person)	\$60.00 (\$15.00 each session per person)
2x Per Week For 60 Min	\$360.00 (\$45.00 each session)	\$320.00 (\$40.00 each session per person)	\$280.00 (\$35.00 each session per person)	\$160.00 (\$20.00 each session per person)	\$120.00 (\$15.00 each session per person)

Choice Baseball/Softball Training is also offered as single (60 min.) sessions.

BASEBALL/SOFTBALL TRAINING | SINGLE SESSION RATES

	Private Session (Skills Training)	Group: 2 People (Skills Training)	Group: 3 - 4 People (Skills Training)	Group: 5 - 8 People (Skills Training)	Team: 8+ (Speed Training, Strength, Athletic Improvement)
60 Minutes	\$50.00 (per person)	\$45.00 (per person)	\$40.00 (per person)	\$22.50 (per person)	\$17.50 (per person)

For sign-up and scheduling, contact Ryan Carlson: rcarlson@choicehf.com or instructor.

***You must schedule single training sessions 1-week in advance. If cancellation occurs within 24 hrs. of scheduled session - you must pay for session.**

BASEBALL/SOFTBALL TRAINING - WINTER SESSIONS

Name: _____

Date of Birth: ____ / ____ / ____ Gender: M F

Parent Name(s): _____

Email: _____

Address: _____

City/State/Zip: _____

Parent Phone: (____) - ____ - ____

Alternate Phone # (work, mobile, etc.) (____) - ____ - ____

I hereby acknowledge the health of my child, listed above, to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained by my child while attending this program. I also understand that any medical bills incurred by my child due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Parent of Guardian Signature: _____ Date: _____

Please bring check and signed consent form to first training session. Athletes will not be able to train without payment AND signed consent.

**** Contact Ryan Carlson for more schedule and sign-up information: rcarlson@choicehf.com or Instructor**

For office use only: Ring up under "SPORT SPECIFIC" then edit baseball team training. Fees listed above. Add \$5 late fee after reservation deadline.

2015

BASEBALL/SOFTBALL TRAINING

Our 60 minute training sessions are led by skilled instructors and provide individual and/or group training. Training sessions are based on the 5 tools to become a successful ball player and help create a great experience for each player. Training programs are offered for hitting, defense, pitching, speed training/base running, and strength/athletic development.

STEP ONE

Contact Ryan Carlson or instructor for reservation.

STEP TWO

Bring informed consent form & check to instructor on 1st day of training.

