

WINTER BASEBALL ACADEMY

HITTING, FIELDING, and PITCHING DRILLS

PERFORMANCE TRAINING

PRO BASEBALL PLAYER INSTRUCTION

\$250 /session

Session 1: Oct 25 to Nov 19

Session 2: Nov 22 to Dec 20

Session 3: Dec 27 to Jan 21



Fernando Vina

2-time Gold Glove
MLB All-Star



Andy Fox

Infield Coordinator Red Sox
10 year veteran MLB



Rick Rodriguez

Oakland A's
Pitching Staff

DESIGNED by:

ROB RINALDI: Respected Baseball Coach 23 Years exp.

"Coach Rinaldi taught me solid fundamentals that I still use today"

—Dustin Pedroia, Red Sox 2nd Baseman

KYLE YAMASHIRO: Physical Therapist and Strength Coach

Rehab Consultant Sacramento River Cats and Oakland A's

****THIS WILL BE A VERY INTENSIVE PROGRAM THAT REQUIRES THE PLAYER TO BE 100% FOCUSED****



Session Breakdown: 8 1-½ hours 2x/week sessions
45 minutes hitting and fielding drills
45 minutes: baseball specific strength, speed and power
Throwing programs to peak for preseason

AGE GROUPS: Only 10- 12 players in each group
5th/6th Grade Tues: 5:00-6:30 pm Sat 9-10:45 am
7th/8th Grade Tues: 5:45-7:00 Sat 10-11:45
High School Tues: 6:30-8:00 Sat 11-12:45

Location: RESULTS Indoor Facility and Capital Christian Baseball Field (9500 Micron, #106 Sacramento, CA 95827)

RESULTS
PHYSICAL THERAPY AND TRAINING CENTER

Sign up call: (916) 362-4342

E-mail: info@resultstherapy.com

Web: www.resultstherapy.com