

Legends Sports Academy Presents

High School Spring Training

March 16 – April 3



\$80 Per Week / Per Player

Contact Matt via Text 502.744.2221 or Legends @ 502.267.1881

Time: Groups will run from 9am until mid afternoon

(Personal Lift Programs provided by Born Again Strength for Additional Cost**
Call / Text Stone Osborne @ 502.525.9343 for more info)**

Pitchers:

- Bullpens with Rapsodo
- Competition again live hitting with Hit Trax
- PFP's
- Arm Care
- Long Toss
- Flat Grounds

Offensive / Defensive Players:

- Daily BP
- Daily Infield Work
- Live at Bats and Games with Hit Trax

Catchers:

- Catching Drills with the use of Hit Trax
- Bullpens
- Live Action Catching