



**Join our
Live Hitting League
Starting September 10**

- Gain experience hitting live pitching, Hit-Trax, and additional coaching
- Sessions include:
 - Hitting live pitching for the player's age and skill level
 - Explosive and injury preventive warm-up exercises
 - Work with Hit Trax
 - Assistance with pitching and hitting mechanics
 - Coaching for catchers
 - Pitching velocity and stats captured
- 6 one-hour Sessions
 - Saturdays or Sundays
 - September 10 to October 16
- Age groups: 9U up to High School JV and Varsity
- Limited spots available
- Cost:
 - Members (receive priority for available spots) \$20 per session = **\$120**
 - Non-Members \$30 per session = **\$180**
- **To register, Text/Call Konrad at 515-423-7311:**
 - Player's Name, age, baseball/softball, experience
 - Parent's Name, phone, email
 - Payments can be made by Cash, Check made out to Konrad Christensen, or Venmo (@Tiffany-Christensen-27)