

MERIDIAN



ATHLETICS

6-Week Winter Workouts

SPEED

AND

AGILITY

8-11 Year Old Sessions

\$300*

Special Pricing for Meridian Baseball Only

- 12 - One Hour Sessions
- **Monday / Wednesday 6:00PM-7:00PM**
- Meridian Players ONLY

*Regular Price \$400

12-14 Year Old Sessions

\$300*

Special Pricing for Meridian Baseball Only

- 12 - One Hour Sessions
- **Monday / Wednesday 7:00PM-8:00PM**
- Meridian Players ONLY

*Regular Price \$400

Meridian Team Exclusive Training

Monday / Wednesday (Dec 2nd-Jan 15th)

- Sessions last one hour
- Athletes need to arrive 15 min before scheduled time
- Make-up sessions for missed class will not be offered

Location: Gwinnett Sports Academy (GSA)

4839 Railroad Ave NW, Suite G,
Lilburn, GA 30047

Meridian Baseball has partnered with one of the premier Sports Performance Coaches in Georgia. Our Winter Workouts provide the most progressive, comprehensive, state-of-the-art baseball Speed and Agility Training in the Southeast. Coach Greg French's expertise, assures each and every athlete that enrolls in the Speed and Agility Performance Training will maximize his athletic potential.

Baseball specific Performance Training includes methods used to increase Speed, Agility, Strength, Power, and Flexibility, all the while taking a preemptive approach to injury prevention. No matter what your roll is on the diamond our training methods are designed to improve your athletic performance.

6-Week Meridian Baseball Winter Speed & Agility Training

Name _____ Birthdate _____ / _____ / _____

Address _____

City _____ State _____ Zip _____

Phone H _____ Phone W _____

Phone C _____ Email _____

Parent/Guardian Name & Signature _____

hereby authorize the director of the camp to act for me according to his/her best judgment in an emergency requiring medical attention. I know of no mental or physical problems, which might affect my child's ability to safely participate in this camp. I will be responsible for any medical or any other charges in connection with his attendance at camp. I agree to abide by the rules and regulations of the camp.

To reserve your spot and make payment email Greg French: Greg.french1@outlook.com

All forms and payment must be complete before the first session

8-11 year old

12-14 year old

Please select which session you will attend