



STRIKE ZONE
2900 SOUTH 110TH STREET
OMAHA, NE 68144
(402) 398-1238
WWW.STRIKEZONEOMAHA.COM

PROVEN HITTING DEVELOPMENTAL PROGRAM

BALLISTIC HITTING



TAKE YOUR
GAME
TO THE
NEXT LEVEL.

Making the switch to a minus 3...Trying to adjust to a wood bat? This is the program for you to take your game to the next level. Increase your bat speed and improve your bat control, by signing up for our Ballistic Hitting Program!

The road starts here to get your hitting to the next level. It will take hard work, sweat, and thousands upon thousands of swings.

The Guarantee:

Our Bat Speed Program will guarantee a increase if you come to all eight sessions.. We will help develop both muscles to increase your explosiveness.

How we measure Bat Speed:

We will measure bat speed using our state of the art swing system.

How long is the Bat Speed Program?

8-one hour sessions.

Who may attend this program?

To be in this program, you must have a minimum goal of swinging a 25oz bat.

What is the cost?

Only \$12.50 a session for 8 Sessions.

This will be a high intensity workout, focused solely on improving your bat speed and power. For Serious Players.

.Playing baseball and softball is more quick explosive movements with endurance, so players need to train that way. There is 3 ways to develop muscles in an overload/underload principles to training.

1- **Acceleration training:** develops the fast twitch muscles by using light weights many repetitions.

2- **Deceleration training:** develops the slow twitch muscles by using heavy weights few repetitions.

Develops both muscles fibers at the same speed and motion as in competition.

BALLISTIC HITTING

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Omaha, NE 68144
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Ballistic Hitting Circuit

You are invited to experience an in depth, high impact class for improving your bat speed, core strength, eye hand coordination, and your reaction time to the ball. Having strength in these abilities is what it will take to get you to the next level. With classes being no more than four players at once, instructors will be able to give more attention to the individual, allowing for greater improvement. Get signed up now to take your game to the next level!

CLASS FORMAT:

Eight One Hour Sessions
Circuit and Strength Training

Use of Weighted Balls

Core Training

Bat Speed Training

**Improve Eye Hand
Coordination**

Reaction Time

Player's Names:

1: _____ Ph: _____

2 : _____ Ph: _____

3: _____ Ph: _____

4: _____ Ph: _____

Set Your Own Schedule!

**We will plan your workouts
according to your schedule!**

Cost (Per Player)

\$125.00– Non Members

\$100.00-Special Member Price

Name _____ Age: _____ Member #: _____

Telephone: _____ Cell: _____

Address: _____

City/State/Zip: _____

Email: _____

School: _____

Parent/Guardian Release: _____

(Visit www.strikezoneomaha.com for Cancellation Policy and Full Release Statement)

DATES:

Total Amount: \$ _____

PAYMENT METHOD: Cash Check Visa MC Disc AMEX

Card No _____

Exp Date _____ 3 digit V-Code _____

