



FALL COMPETITIVE LEAGUE PLAYERS and STRIKE ZONE HITTER'S CLUB MEMBERS



Indoor Pitching Circuit

All workouts will be held at The Strike Zone. The workouts are limited to Fall Ball players and Strike Zone Members only.

The format will be as follows, workout should take approx. 45-60 minutes to complete

UNDER SCOREBOARD – Cuff/Core Training Exercises

TUNNEL 3, 4, 5 - Pitcher's Fielding Practice

TUNNEL 1 – Pitching Specific Drills

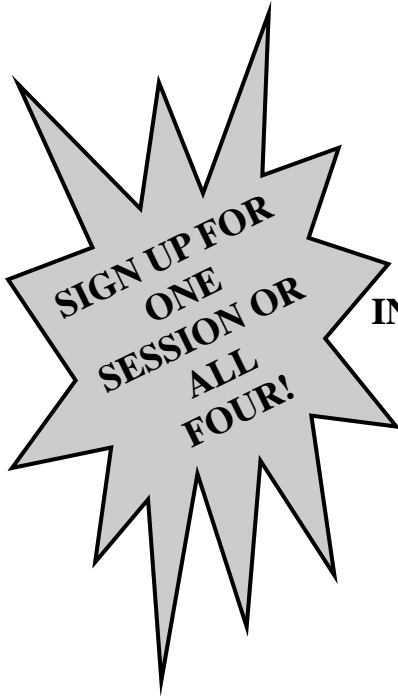
TUNNEL 2 – Flat Ground Work

INDOOR INDIVIDUAL WORKOUT TIMES

Wednesdays Sept. 10,17,24, Oct. 1

5:30-6:30pm – Ages 9-13

6:30-7:30pm – Ages 14-Up



**Please stretch for ten minutes prior to start time.
Check in upon arrival. This will be a closed circuit.
There will be no entry once the circuit begins.
There will be no line. Please be on time.**



**OPEN TO THE FIRST 24 PLAYERS!!!
ONLY \$10 A PLAYER PER SESSION!!!**

PAYMENT METHOD

Cash Check Visa MC Disc AMEX

Card No _____

Exp Date _____ 3 digit V-Code _____

Signature _____



Name: _____ Age: _____ Telephone: _____ Cell #: _____
Address: _____ E-Mail for information: _____
City/State/Zip: _____ Amount Enclosed: \$ _____

PARENT/GUARDIAN RELEASE STATEMENT: We (I) hereby give our (my) permission to The Strike Zone to provide medical attention to our (my) son/daughter _____ in the event of injury or illness. We (I) hereby release The Strike Zone and all its employees from all claims (present or future) resulting from any injuries which may be sustained by our (my) son/daughter while attending The Strike Zone Clinic.

(Parent/Guardian Sign Here): _____

*Make checks payable to "The Strike Zone" and mail or return to
Strike Zone 2900 SOUTH 110 STREET OMAHA NE 68144*

Questions? Telephone (402) 398-1238 or Fax your Registration to (402) 399-2019

Visit our Web Site at www.StrikeZoneOmaha.com or E-Mail us at jsiwa@strikezoneomaha.com