



# BALLISTIC HITTING



PROVEN HITTING DEVELOPMENTAL PROGRAM FOR PLAYERS 13 and UP

**Strength Is Not Power. Speed Is Not Power.  
We have one goal...To maximize your swing power.**

**THE GUARANTEE:**

Our Bat Speed Program will guarantee an increase if you work hard. We will maximize your hitting potential. We will develop your maximum bat speed. We will develop your quickest swing. We will develop your maximum bat control. Hitting power is a combination of vision, brain, and muscles working together. You must train the entire vision-brain-nerve-muscle system.

**THE CHALLENGE:**

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.

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

Name \_\_\_\_\_ Age: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Email: \_\_\_\_\_

School: \_\_\_\_\_ Team: \_\_\_\_\_

Parent/Guardian Release: \_\_\_\_\_

(Visit [www.strikezoneomaha.com](http://www.strikezoneomaha.com) for Cancellation Policy and Full Release Statement)

Type of lesson:

- 1/2 Hour Private - Individual (\$50)
- 1 Hour Private - Individual (\$80)
- 1 Hour Semi-Private - Two Players (\$90)
- 1 Hour Group - 3-10 Players (\$100)

Lesson Date: \_\_\_\_\_

Lesson Time: \_\_\_\_\_

Total Amount: \$ \_\_\_\_\_

**PAYMENT METHOD:** Cash Check Visa MC Disc AMEX

Card No \_\_\_\_\_

Exp Date \_\_\_\_\_ 3 digit V-Code \_\_\_\_\_



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The Strike Zone  
2900 S 110th St  
Omaha, NE 68144  
Or Fax  
(402)399-2019

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