

# Want To Develop As A Player?

## Now is the Time.

## Get Ready For Summer Ball.

For players who got cut or have no spring season.

Do you need some more time to prepare for your summer season? We have created a developmental program to allow passionate players the opportunity to prepare themselves for the summer season and the following Strike Zone Fall Wood Bat Season. Sharpen your skills and get noticed. We have two months to get you ready to play ball this summer.

Call the Strike Zone for more details.

- Extensive Fielding Drills
- Batting Practice
- Strength Training
- Bull Pen Work/Throwing
- Velocity Development Program
- Speed/Agility Training
- Line Drive League

### STRIKE ZONE

2900 South 110th Street  
Omaha, Nebraska 68144  
(402) 398-1238  
Fax (402) 399-2019

Email:  
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Website:  
www.strikezoneomaha.com



### Spring Developmental Program



NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ POSITION(S): \_\_\_\_\_

SCHOOL: \_\_\_\_\_ GRAD. YEAR: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ PARENT'S NAMES: \_\_\_\_\_

**PARENT/GUARDIAN RELEASE STATEMENT:** We (I) hereby give our (my) permission to The Strike Zone to provide medical attention to our (my) son \_\_\_\_\_ 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 Spring League.

(Parent/Guardian Sign Here):

Total Amount: \$175

PAYMENT METHOD: Cash Check Visa MC Disc AMEX

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

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

Signature \_\_\_\_\_



# Spring Developmental Program

Strike Zone coaches have developed a four step program for becoming a more successful baseball player. High School coaches are looking for players that excel in more than just one aspect, and that's why Strike Zone coaches will be working hand in hand with your players to develop their game. In our Spring Developmental Program, players will meet 3-4 nights a week and develop all aspects of their game.

## **STEP 1: Defensive Work**

Players will meet one day each week to work on different defensive skills. Fielders will get hundreds of ground balls and be instructed on proper foot work and fielding techniques. Be as solid as a rock in the field

## **STEP 2: Bullpen Work**

Pitchers and catchers will meet one day each week to work out with a bullpen coach. Pitchers will receive instruction on proper mechanics, proper warm-up routines, and different pitches. Catchers will receive instruction on proper blocking, receiving, framing, as well as catching live pitchers. Average pitchers and catchers are a dime a dozen, put forth the effort to stand out from the group.

## **STEP 3: Speed, Strength, and Agility**

All players will attend a Speed, Strength, and Agility class to be held weekly. Players will focus on developing the explosive movements required in baseball. Strike Zone Strength Coaches will put players through a circuit of exercises focusing on core strength, foot speed, agility, and explosiveness. Impress coaches by becoming bigger, faster, and stronger.

## **STEP 4: Hitting**

Players will compete weekly in our Tunnel Line Drive League. Individual scores will be kept and leader boards will be updated weekly. Players will face off against live pitching, attempting to hit line drives into marked areas in the tunnels. Competition breeds success. Coaches will make room for successful hitters.

**IMPORTANT DATE: PARENT/PLAYER THURSDAY MARCH 11TH AT THE STRIKE ZONE  
PROGRAM RUNS APPROXIMATELY 6 WEEKS STARTING MID-MARCH**

# Get Ready For Summer Ball



**Bigger**



**Stronger**



**Faster**

