



## 2023 WINTER SCHEDULE: 1/3 TO 2/17

Day	High School	Middle School	
Monday	3:45pm	5:00pm	
Tuesday	3:45pm	5:00pm	
Wednesday	3:45pm	5:00pm	
Thursday	3:45pm	5:00pm	
Friday	3:45pm	3:45pm	
Saturday	9am	10:30am	Hitting / Pitching



**Speed. Power. Strength. Skills.**



**90 min Baseball specific training class to help improve:**

- Speed
- Power / Rotational Power
- Arm Strength
- Hitting / Throwing Mechanics
- Mobility
- Strength

Contact Head Coach James DiBiaso to schedule an orientation session if you have questions about the program

Email: [James@t3athlete.com](mailto:James@t3athlete.com)  
Cell: 440-221-0287

