



2022 FALL SCHEDULE: 8/1 TO 12/30

Day	High School	Middle School	
Monday	3:45pm	5:00pm	
Tuesday	3:45pm	5:00pm	
Wednesday	3:45pm	5:00pm	Hitting / Skills Day
Thursday	3:45pm	5:00pm	
Friday	3:45pm	3:45pm	



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
Cell: 440-221-0287

