

Attention: Easton Youth Baseball Athletes

Are you looking to improve your speed and strength for this upcoming season? Evolution Sports Performance in Easton is hosting winter training for EYBL athletes.



The goal of this program is to help baseball players become quicker, faster, and stronger. These qualities will help your athlete improve:

1. Strength to throw the ball harder and further
2. Speed to run the bases
3. Quickness to play the field
4. Durability to reduce risk of arm injury

Each session will be 45 minutes of speed, agility, and conditioning; then 15 minutes of strength training. This program is specifically designed to meet the needs of youth baseball players, ages 10-12.



Session 1 details:

Ages 10-12

Saturdays from 9:30-10:30am

January 5, 12, 19, and 26

\$125

(we will be donating a portion of the proceeds to EYBL)

To register today please contact Bobby at coachdattero@evolutionsp.net
or call 508-230-7902