

Carolina Royals

STRENGTH & CONDITIONING



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The Carolina Royals are developing young athletes to compete as a team in order to make it to the next level of baseball. The Royals are committed to providing elite coaching and strength training to develop the overall athlete mentally and physically. To accomplish part of this goal, the Royals recommend an off season strength and conditioning program that will focus on speed, agility, and overall strength. The program will be led by James Wood, a Certified Athletic Trainer and Strength and Conditioning Coach, who currently works with athletes at Orthocarolina Sports Therapy at D1 Sports Training in Matthews.

When: Begins November 10, 2015;
Tues / Thurs
Ends January 28th. See detailed
schedule below.

Where: Showcase Baseball Academy
12857 E. Independence Blvd. Suite J
Matthews, NC 28104

Time: 6:00 am- 7:00 am

Forms: Please fill out the Athlete Profile below
and email it to James Wood.

Email: sportsperformancenc@gmail.com

Go Royals!

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Athlete Profile

Name: _____

Age: _____ Birthday: _____ Height: _____ Weight: _____

Baseball position(s): _____

Sports Injuries / Medical Conditions: _____

Current Level of Athletic Performance: (work out 2x days a week including...) _____

Sports Performance Goals: _____

Phone: _____ Email: _____

Parent Contact Information: Name(s) _____

Phone: _____

Email: _____

Release form: I understand that my child will be participating in a high-level, training program in which injury may result. I release James Wood, SBA, and Carolina Royals and any other related parties from liabilities that may result from injuries incurred during this program. I am aware that my child is free to participate in this program, is in good health, and has no physical disabilities.

Parent signature: _____ Date: _____

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Detailed Training Schedule

November:

10th

12th

17th

19th

24th-Thanksgiving break

26th- Thanksgiving break

December:

1st

3rd

8th

10th

15th

17th

22nd

24th-Christmas break

29th

31st- New Year's eve break

January:

5th

7th

12th

14th

19th

21st

26th

28th

All dates are subject to change and communication will be made by email. Thank you.