

OSTC SPORTS PERFORMANCE

Ramp-Up Performance Program

PREPARATION STARTS NOW

STARTING: DECEMBER 2, 2019
4 SESSIONS PER WEEK // MON-THUR
YOUTH BLOCK 5:00 pm-6:00 pm
HIGH SCHOOL BLOCK 6:00 pm-7:00 pm

With the upcoming baseball season on the horizon, it is time to start taking the necessary steps to achieve your baseball goals. Improving your strength, function, and ability to produce rapid movement is necessary **to succeed**. This program designed by Colten Mass (Certified Athletic Trainer and Strength and Conditioning Specialist) will help to **improve baseball performance and reduce risk of injury**.

SPOTS ARE LIMITED !!

Contact us today: (940) 692-4688

