

Boston Baseball Institute 3rd Annual Winter Player Development Program 2012

HORDON HEALTH LLC Boston, MA
www.hordonhealth.com



Fall Session

Hordon Health is presenting its third year of the **Boston Baseball Institute Player Development Fall Session** in Boston's Greater Metro Area. From **January 9th to March 17th, 2012** BBI, led by former Pro-Prospect, Division I standout, and Elite Renegade International Sport Performance Coach, Marc Hordon, will host the most advanced **10-week** Winter Player Development Program in the Northeast, dedicated to **only** the serious baseball athlete.

BBI Fall Session is designed to hone ELITE baseball skills with semi-live, and mechanical backdrop. Hitting, Fielding, Running, and Pitching are guaranteed to become more efficient, more professional, and our athletes progress beyond their wildest dreams. It has been proven time and time again.

*****Renegade Performance Training** transforms the baseball "player" into an **Explosive, Position- Specific Baseball Athlete**. Working on **Explosive Leg Development, Rotational Axis, Shoulder Stability, Fast-Twitch Chest Development, Agility, Linear Speed, Range of Motion, and Work Threshold**, the BBI Baseball Athlete maximizes **Body Force** and **Arm-Energy Conduction** in order to safely pursue the opportunity to become the **best possible baseball specific athlete**.

- **Offense:** Program enforcing maintenance of hitting skills; power, sweet spot accuracy, rhythm, mechanics, grace
- **Defense:** Program enforcing maintenance of throwing and fielding skills: mechanics, footwork, transfers, specials
- **Pitching:** Program enforcing maintenance of shoulder health, power, sprint endurance, pitch movement, theory
- **Renegade International Baseball Performance Training: PREHAB:** injury prevention, muscular maintenance

Programs: January 9th - March 17th, 2012

SCHOLARSHIPS AVAILABLE Contact info@bostonbaseballinstitute.com

Winter Player Development:

Gold: 50 Total Sessions – 5 1hr Group Sessions per Week: Offensive, Defensive, & Performance
\$2000.00

Silver: 30 Total Sessions – 3 1hr Group Sessions per Week (10): Offense or Defense
\$1500.00

Bronze: 10 Single Sessions – One 1hr Sessions per Week (10): Offense or Defense
\$600.00

Schedule: Saturday and Sunday sessions will develop as needed and schedule is open to change.

Tuesday 3pm Offense
Tuesday 4pm Defense/Pitchers
Thursday 3pm Defense/Pitchers
Thursday 4pm Offense

***Private Sessions are available. Cost and Scheduling is outlined below.

Private Baseball Skill Development Packages

***All Sessions are available as Single Sessions or Double Sessions, 1 Hour in length each.

***All Sessions are hyper-focused on ONE Skill ONLY: Fielding, Throwing, Hitting, Pitching, Running

5 Sessions.....	\$ 600.00
10 Sessions.....	\$1100.00
15 Sessions.....	\$1500.00
20 Sessions.....	\$1800.00

Private Sessions will be scheduled independently with one of our Highly Qualified Renegade Trainers and Skill Coaches.

Private Baseball Performance Training Packages

***All Sessions are available as Single Sessions or Double Sessions, 1 Hour long.

5 Sessions.....	\$ 425.00
10 Sessions.....	\$ 800.00
15 Sessions.....	\$1125.00
20 Sessions.....	\$1400.00

Private Sessions will be scheduled independently with one of our Highly Qualified Renegade Coaches and specific to POSITION.

WHY *GROUP* PERFORMANCE TRAINING and SKILL DEVELOPMENT?

Renegade principles are founded on the process of testosterone production which peaks at certain intervals with rest in-between to maximize muscle gain and muscle memory creation. Resistance training is by no means meant to be cardiovascular dominant and therefore needs rest. Furthermore, the sport of baseball is a series of sprints, ultimately a motion of explosive resistance, with much rest in between. You will find similar a relationship in the sports of Football, Hockey, Basketball, etc. You will find the opposite relationship in sports like cross country, long distance swimming, soccer, and lacrosse. Whether it be a swing, a throw, or a sprint itself, the game of baseball is a series of explosive motions mimicking that of resistance, thus both Renegade Baseball Sport Training and Boston Baseball Institute Skill Development is founded on the exact principles that set baseball apart from other sports by operating in a group forum.

diet rEVOLUTION

Increase Muscle Mass, Drop Body Fat, Lose or Gain Weight

Hordon Health offers "diet rEVOLUTION" a sports nutrition management program with a 5 or 7 day daily meal plan custom designed specifically along with the Session that Guarantees Results!

**5 DAY MEAL PLAN, Consult, & Weekly
Accountability Meeting (8 weeks)
Elite**

\$450.00

**7 DAY MEAL PLAN, Consult, & Weekly
Accountability Meeting (8 weeks)
Standard**

\$550.00

**Additional Non-Consult Plans:
BASIC 5-Day \$250 COMPLEX 7-Day \$350**

Please contact info@bostonbaseballinstitute.com for more information.



Boston Baseball Institute

brought to you by
Hordon Health LLC

Invoice #: _____ (Leave Blank)

_____ (name)
_____ (address)
_____ (address)

Date of Invoice: ___ / ___ / 2011

Due Date: ___ / ___ / 2011

***Pre-Pay for Period: Summer Session BBI June 14th – August 21th

Products & Services:

___ **BBI Player Development Winter Session** \$ **.00**

G**OLD** (50 Total Sessions) \$2000.00

S**ILVER** (30 Total Sessions) \$1500.00

B**RONZE** (10 2hr Sessions) \$600.00

___ **BBI Equipment:** ___ Theraband: \$5.00 per Band \$ **.00**

___ Hip Whip \$259 ___ Wood Bat: \$50-100

___ Medicine Ball: \$45 ___ XVest \$299

___ **diet rEVOLUTION:** Elite: (\$550) Stand: (\$450) \$ **.00**

Other: (\$ **.00**)

TOTAL DUE: \$ **.00**

Check Box **Applying for Scholarship** (You will be contacted immediately by a member of our team.)

Balance: \$ **.00**

***BBI Grandfather Clause: 10% Discount (Family Included)**

Balance: \$ **.00**

***Payment is Non-Refundable; all sales are final.**

Acct #:

Please sign, fill out and send with payment.

Check

PayPal (Additional 5% Transaction Fee) email info@bostonbaseballinstitute.com for immediate invoicing

I agree to pay the TOTAL amount of \$ **.00** on or before the due date of this invoice.

Printed Name _____ Signature _____ Date _____

***Please make checks payable to Hordon Health LLC**

***Mail Checks to Corporate Office: 294 North Street, North End, Boston, MA 02109**

Boston Baseball Institute

Hordon Health

marchordon@hordonhealth.com