



PHD Baseball High School Winter Training



Mounds View Mustangs Training Program

Training Program

- 10 week program
→ January 5th – March 9th
- 1x per week (2 hour session)
→ 1 hour hitting/pitching
→ 1 hour speed and conditioning with Acceleration North
- Athletes will workout in small groups (max 12 athletes)
→ Group 1 – Sunday 11:00am – 12:00pm
→ Group 2 – Sunday 12:00pm – 1:00pm
→ Group 3 – Sunday 1:00pm – 2:00pm
→ Group 4 – Sunday 2:00pm – 3:00pm
** Upon registration, please choose your top two choices from the four group options**
- Instructor ratio 1:5
- Cost: \$175 per athlete

Additional Training

- Defensive Night
 - All athlete involved in the Mounds View Training Program have the opportunity to receive additional defensive instruction every Saturday night from 6:00 – 7:15 at the Vadnais Heights dome. During this time athletes will play long toss, take ground balls and fly balls, run through defensive drills, and develop base running instincts.
 - Defensive training runs from January 4th – March 9th (10 sessions)
 - Defensive Training Cost: \$175

❖ **Full Package Pricing: \$325 for both hitting/speed and defensive training**

For more information please contact Brian Bambenek at bbambenek@gmail.com or 612.246.5310