



Hard 90 Baseball

Total Player Prep Program

2009-10 Winter Quarter Workouts

10 Workouts for \$210 IF PAID IN ADVANCE or \$70/monthly *EFT!!! (no credit or rollovers)
5 Workouts for \$110 IF PAID IN ADVANCE or \$37/monthly *EFT!!! (no credit or rollovers)
Any other block of Workouts is \$25 per Workout IF PAID IN ADVANCE!!! (no credit/rollovers)
Single Workout is \$35 if paid as a walk-up that day (no exceptions!) SIBLING RATE IS HALF
***NEW Electronic Funds Transfer available, Google Pay (on our website), check/cash accepted.**

PROFESSIONAL HITTING INSTRUCTION	PROFESSIONAL PITCHING INSTRUCTION	SPEED, AGILITY, & CORE STRENGTHENING
PROPER FIELDING MECHANICS	“INSIDE BASEBALL” GUEST SPEAKERS	MENTAL APPROACH TO THE GAME OF BASEBALL
BASERUNNING	WEATHER –PROOF!!!!	CATCHING INSTRUCTION

FILL OUT A PARTICIPATION FORM (if you're new) at www.hard90baseball.com to sign-up

Age as of April 30, 2010. Following dates, times and locations are subject to change (always check our website):

7-9 year olds: All Sunday Workouts will be held at Arena Softball

TUESDAY (RSVL)	4:00 PM– 6:30 PM	DEC. 8	JAN. 5, 19	FEB. 9, 16
TUESDAY (EDH)	5:00 PM—7:30 PM	DEC. 8	JAN. 5, 19	FEB. 9, 16
SUNDAY (RSVL)	9:00 AM—11:30 AM	DEC. 13, 20	JAN. 10	FEB. 7, 21

10-11 year olds: All Sunday Workouts will be held at Arena Softball

THURSDAY (RSVL)	4:00 PM—6:30 PM	DEC. 3, 17	JAN. 14, 28	FEB. 11
THURSDAY (EDH)	5:00 PM—7:30 PM	DEC. 3, 17	JAN. 14, 28	FEB. 11
SUNDAY (RSVL)	11:00 AM—1:30 PM	DEC. 13, 20	JAN. 10	FEB. 7, 21

12 year olds: All Sunday Workouts will be held at Arena Softball

THURSDAY (RSVL)	4:00 PM—6:30 PM	DEC. 10	JAN. 7, 21	FEB. 4, 18
THURSDAY (EDH)	5:00 PM—7:30 PM	DEC. 10	JAN. 7, 21	FEB. 4, 18
SUNDAY (RSVL)	1:00 PM—3:30 PM	DEC. 13, 20	JAN. 10	FEB. 7, 21

13 year olds: All Sunday Workouts will be held at Arena Softball

THURSDAY (RSVL)	4:00 PM—6:30 PM	DEC. 10	JAN. 7, 21	FEB. 4, 18
THURSDAY (EDH)	5:00 PM—7:30 PM	DEC. 10	JAN. 7, 21	FEB. 4, 18
SUNDAY (RSVL)	1:00 PM—3:30 PM	DEC. 13, 20	JAN. 10	FEB. 7, 21

14-18 year olds: All Saturday Workouts will be held at Arena Softball

TUESDAY (RSVL)	4:00 PM—6:30 PM	DEC. 1, 15	JAN. 12, 26	FEB. 2
TUESDAY (EDH)	5:00 PM—7:30 PM	DEC. 1, 15	JAN. 12, 26	FEB. 2
SATURDAY (RSVL)	2:30 PM—5:00 PM	—	JAN. 2, 9, 23, 30	FEB. 6

Sign up today, there will no credit issued or “rollovers” with any missed workouts, it’s up to you to get here and improve! Participation forms (if you’re new) are available at www.hard90baseball.com.

A walk-up daily rate of \$35 is available for participants. Further questions call **916-771-3818 press 2** for Hard 90.

El Dorado Hills Facility: Highway 50 take Latrobe/El Dorado Hills Exit. Head South on Latrobe. DO NOT turn on the 1st Golden Foothills Pkwy (Business Park #1). After approx. 1 mile turn right on 2nd Golden Foothills Pkwy (Business Park #3). First left on Robert J. Matthews. First right on Hillsdale. Left on Glen Haven Ct. 1235 Glen Haven Ct., El Dorado Hills

Arena Softball: From Highway 65, take the Pleasant Grove exit and go west. Turn right on Roseville Parkway. Turn left on Washington Boulevard. Turn right at the first driveway and keep right to the complex.

Weekday Workouts at Arena Softball or El Dorado Hills
Saturday/Sunday Workouts at Arena Softball in Roseville

PLEASE check www.hard90baseball.com or www.hard90baseballedh.com for updates

DUE AT THE BEGINNING OF EACH QUARTER OR AT INITIAL SIGN-UP.
Outside of area participants (5 weekend workouts) rate is \$40/month.