



FALL & WINTER 2021-2022 STRENGTH AND CONDITIONING @ THE HITTING CLUB

Lead by **Patrick Maloney,**

Does your son or daughter want to take the next step to elevate their game? Look no further; we are offering a committed and all-inclusive program that will get them there! The program includes progressive strength training to help build muscle, strength, and power along with speed and agility training. This program also includes baseball and softball specific training for arm care, hitting mechanics, and power. The typical 1-hour long session includes a stretch and warm-up period, strength and/or conditioning workout, and a cool down/ stretch period. These sessions run throughout the week and weekend 3-5 days on a program specific schedule. The only thing your son or daughter has to do is commit to the program fully to see results!

Key Details:

- Start date of program: November 2nd
- Max groups of 4 kids every hour from 4pm-9pm
- Monthly assessment of performance



**Intense and
committed training
in a controlled and
growth atmosphere.
Most beneficial for
kids ages 13-18**

**All-inclusive
programing from
Strength to Speed
and Agility Training
\$300 per month for
3-5 days a week
(November-April:
6 months)**

**Limited Spots
Available!**

**Email:
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PATRICK MALONEY

Graduate of Penn State
University with a Bachelor's
degree in Kinesiology

Interned at Yale University
Strength and Conditioning