

Dream Big Athletics Winter Workouts

At

Elite Sports Academy

High School Pre-Season Training

Players can prepare for the 2010 Championship Season with speed and agility class with Dan Barmantje- Strength and Conditioning Coach for the Houston Astros. Work on your defensive skills with Chris Uhle former minor league SS with the Houston Astros. Get your arm ready and sharpen your hitting with an opportunity to use Elite Sports Academy baseball facilities from 3:00 to 5:30 Monday through Friday during the months of January and February.

Cost \$150 per player.

Pre-Season Workouts Ages 8-14

Sharpen your baseball skills with this 10 week training program. Work with our professional instructors on hitting, pitching, defense and base running.

Sundays January 10- March 14

Session 1 (Ages 8-11) 12:00- 1:30

Session 2 (Ages 12-14) 1:30-3:00

Cost \$185 per player

Speed and Agility Training

Dan Barmantje- Strength and Conditioning Coach will lead athletes in drills to improve footwork, quickness, speed and strength.

Mondays Jan 18- Feb 22

7:00-8:00

8:00-9:00

Cost per player \$120

Advanced Infield Play

Chris Uhle, former SS for the Houston Astros, will take High School Age players to the next level. Players will receive professional instruction in the fundamentals of infield play including footwork and proper throwing techniques.

Thursdays January 21- Feb 25

8:00-9:00

Cost per player \$150

Fundamentals of Infield Play

Chris Uhle, former SS for the Houston Astros, will teach the fundamentals of good infield play including footwork and proper throwing techniques. Ages 10-14

Thursdays January 21-Feb 25

6:00-7:00

Cost per player \$150

Look for our Major League Camps and Clinics in January. Major League Personnel from Major League teams will do the instructing. Learn from those who teach the Pros. Times and Dates TBA.

5 Month Memberships available for \$125

Memberships include use of batting tunnels and Elite Sports Academy Facilities when space is available

Private Instruction in Hitting and Pitching available with Tad Slowik Major league Scout for the Houston Astros. Tad has over 25 years of professional baseball experience as a player, coach and scout.

Softball Instruction is available with our college experienced instructors.

For more information and to sign up for our program visit our website at www.dreambigathletics.com. You can call us at 847-707-3069 to set up an appointment