

# PORTLAND BASEBALL CLUB

Phone: (503) 380-5685 | 125 SE Stark Sreet - Porltand, OR 97214 | www.portlandbaseballclub.com

Portland Baseball Club offers cutting edge baseball instruction for players of all ages. We offer pitching, hitting, fielding, and catching instruction. Our private and small group training packages come in 5, 10, or 15 sessions. We utilize video training throughout the programs using Right View Pro software.



## Speed and Agility Clinic

Ages 12-18

Dates: Mondays 1/5, 1/12, 1/19, 2/2, 2/9

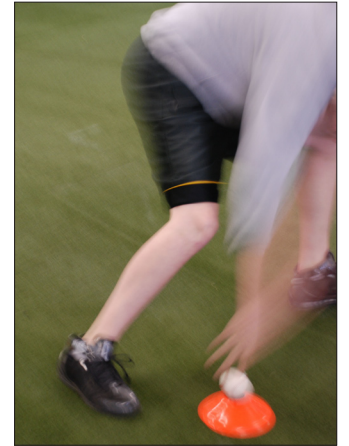
Time: 7:00-8:00pm

Price: \$75 for 5 weeks

Portland Baseball Club teaches cutting edge baseball speed and agility exercises to help players achieve their maximum athletic ability. Through the use of cones, ladders, cones, resistance cords, and a combination of foot speed drills, players will enjoy the multi-dimensional workout. As players get older, the game speeds up. Don't let yourself get left behind.

Korey Kier, head coach at Columbia River HS, will be conducting these speed and agility classes. Korey runs a very similar program with his high school team and gets tremendous results.

Registration deadline is Janauary 2nd. Camp minimum is 10 players and maximum is 20.



Please complete the registration form below and return with payment to our mailing address:  
Portland Baseball Club - 45 Eagle Crest Dr. #316 - Lake Oswego, OR 97035

## Portland Baseball Club Speed and Agility Clinic Registration

\_\_\_\_\_ Speed & Agility Clinic \$75

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

School: \_\_\_\_\_ Year in School: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Payment (Circle One):      Cash              Check              Amount: \$ \_\_\_\_\_

**Return to:** Portland Baseball Club - 45 Eagle Crest Dr. #316 - Lake Oswego, OR 97035