



SPEED & AGILITY ACCELERATED TRAINING WEEKEND

December 15 – 16, 2007

**Baseball Factory Headquarters, UMBC RAC & The Coliseum Gym
Columbia, Maryland**

Baseball Factory's Speed and Agility Accelerated Training Weekend will develop your level of speed, agility, strength and conditioning to give you an edge over the competition

Dana Cavalea, Strength and Conditioning Coach for the New York Yankees and founder of Major League Strength, will lead players through various workouts

The experts from Major League Strength will work to make you balanced as a body, person and athlete to ensure an optimal performance outcome.

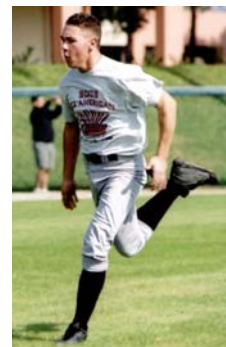
All Players Will Benefit From:

◆ **Top Notch Instruction:** Our team of professionals includes Dana Cavalea, New York Yankees Strength and Conditioning Coach, and additional experts from Major League Strength.

◆ **Intense Conditioning:** Our training approach focuses on total body movement, strength and stability, combined with lifestyle education and training. This will yield the balance we need to develop a great understanding of what it takes to maintain optimal body performance.

◆ **Personal Conditioning Program:** Each athlete will depart with a greater understanding of their body and a conditioning program designed to focus on strengthening their body's limiting factors.

◆ **Professional Advice:** Learn the intangibles that can mean the difference in a close game. Learn the techniques that can help you succeed and propel you into the college program that is right for you.



Dana Cavalea, M.S., C.S.C.S.

Dana is one of the bright young minds in the field of Performance Training, Strength and Conditioning. His goal is to provide athletes with a solid foundation on how the body functions, while at the same time creating awareness about the influence of lifestyle on athletic success. Dana currently serves as the Strength and Conditioning Coach for the New York Yankees. Before joining the Yankees he spent time with the Pittsburgh Pirates and the Toronto Blue Jays

SCOUTING PARTNER FOR
Baseball America



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Itinerary & Information

Date:	Saturday, December 15 – Sunday, December 16, 2007	
Location:	Training will take place at three locations in central Maryland including the Baseball Factory Headquarters and Training Facility in Columbia. Additional training will take place at The Coliseum Gym, located across the street from the Baseball Factory and the UMBC Retrievers Athletic Complex in Baltimore.	
Lodging Info:	TBD	
Flight/Train Information:	Non-commuters should arrive at Baltimore/Washington Int'l Airport or Baltimore/Washington Airport Train Station between 8:00 - 11:00 am on Saturday Depart from BWI Airport/Train Station between 4:00 - 6:00 pm on Sunday	
Itinerary to include:		
Saturday:	8:00 – 11:00 AM	Player Arrival at Baltimore/Washington Int'l Airport or Baltimore/Washington Airport Train Station
	11:30 – 12: 00 PM	Player Check-in
	12:00 – 5:00 PM	Review of stretching fundamentals, strength and agility drills, small group instruction, body performance analysis
	6:00 PM	Dinner (non-commuters only)
Sunday:	8:00 AM	Breakfast (non-commuters only)
	9:00 – 12:00 PM	Continued mechanic/technique analysis, weight lifting instruction
	12:00 PM	Light Lunch
	12:00 – 2:00 PM	Review of instruction with coaches
	2:30 PM	Commuter Players Depart
	4:00 – 6:00 PM	Non-commuters Depart from BWI Airport/Train Station
Staff to Include:	Dana Cavalea: Dana currently serves as the Strength and Conditioning Coach for the New York Yankees. Before joining the Yankees he worked with the Pittsburgh Pirates and Toronto Blue Jays	
Important Training Info:	<ul style="list-style-type: none">◆ Players traveling by plane or train will meet Baseball Factory coaches at baggage claim or directly outside train station◆ Players are transported in vans from site to site◆ Players are fully supervised 24 hours a day◆ No spending money needed◆ Players need to bring all necessary baseball equipment for training◆ Players will receive a half-year subscription to Baseball America◆ Players receive a detailed player info pack upon registration◆ Parents welcome	

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