

BRONZE

- 1 sessions per week
- ✓ Small groups of 4 players
- Focus on pitching, hitting, fielding, and strength & speed

SILVER

- 2 sessions per week
- Small groups of 4 players
- Focus on pitching, hitting, fielding, and strength & speed

GOLD

- 3 sessions per week
- Small groups of 4 players
- Focus on pitching, hitting, fielding, and strength & speed



DEVELOP SKILLS

- BUILD CONFIDENCE
- DOMINATE THE DIAMOND

BENEFITS OF JOINING

- Expert coaching and personalized instruction
- Improve your pitching, hitting, fielding, and strength & speed
- Small group setting for individualized attention
- State-of-the-art facilities at Jim Peterson Athletic Complex
- Fun and supportive environment
- ✓ Prepare for the upcoming baseball season



SESSION SCHEDULE

Weekday Mornings at

JIM PETERSON ATHLETIC COMPLEX

12302 Cloud Dr NE. Blaine. MN 55449

8:00 AM -9:00 AM Speed & Agility

9:00 AM -10:00 AM Hitting 10:00 AM -11:00 AM Pitching

11:00 AM -12:00 AM Fielding

Contact Gabe Kastenmeier at Gabe@completeathletetraining.com for more info.