



Total Baseball Training, LLC

2021 Program Offerings

All Programs are Subject to Change Without Notice

Issued: January 2021

For more information please email Tony at totalbaseballithaca@gmail.com
 Programs are Co-Ed and open to all school districts

<u>Program Name</u>	<u>Brief Description</u>	<u>Program Dates</u>	<u>Program Information & Registration Located at</u>
Session II Training	Baseball Training Batting, throwing, fielding and confidence training—2 age group sessions offered	Completed	www.crcithaca.com
Session II Pitchers & Catchers	Proper training offered to prepare pitchers and catchers for a successful spring season	Completed	www.crcithaca.com
Arena Baseball	Fast paced, fun indoor baseball play on teams. 30 mins. Of skill instruction offered weekly-ages 7-12	Completed	www.lansingrec.com
★ Register Now! Small Group/Team Training	Friday night time slot available to book groups of 6 or more for baseball group training 4 pm to 6 pm 4 week minimum commitment	1/8/21 to 3/26/21	totalbaseballithaca@gmail.com
★ Register Now! Session III Training	Advanced Training to prepare for spring scholastic play and summer programs— 2 age group sessions offered	2/21/21 to 3/28/21	www.crcithaca.com
★ Register Now! Session III Pitchers & Catchers	Proper training and throwing regime tailored for each player to send them to spring team conditioned and ready to pitch. Catchers proper receiving & blocking technique. Throwing runners out.	2/21/21 to 3/28/21	www.crcithaca.com
★ Register Now! Arena Baseball	Fast paced, fun indoor baseball play on teams. 30 mins. Of skill instruction offered weekly-ages 7-12	2/20/21 to 3/27/21	www.lansingrec.com
TBT Summer Camp	Day Camp for ages 7 to 15 year olds Specific dates TBA for week long day camps 9 am to 3 pm. Separate camp dates planned for ages 7-9; 10-12;13-15. Co-Ed	July 2021	www.lansingrec.com
Fall Baseball Program Fall Softball Program	TBT Teams compete in Cortland Little League 4 weekends of play plus practices. Multiple Teams for ages 7 to 15. More info to come	Sept. 2021	www.lansingrec.com

Total Baseball Training is a player development company

Our training methods and programs are designed to develop your body, your mind and your soul

We believe in ATHLETES!

We teach you *how* to be an ATHLETE!

We teach first ● proper form ● proper movements ● proper mental approach

Then.... We TRAIN! We TRAIN with Purpose...We TRAIN for Success!