



Off Season Training Program (OSTP)

- 🏆 Training begins Sunday, September 11th and ends December 11th
- 🏆 Workouts held at Mac's Professional Baseball School
- 🏆 Ages 8-10 Sundays 2:00 pm - 4:00 pm (workouts with be age and sport specific)
- 🏆 Ages 11-13 Sundays 4:00 pm - 6:00 pm (workouts with be age and sport specific)
- 🏆 One time \$80 fee Mav's hat, t-shirt, and shorts. Conditioning program and arm band.
- 🏆 Conditioning program by Marcus Dorin, Professional Strength and Conditioning Coach
- 🏆 Total cost for all 4 months is \$200 or \$80 plus \$40/month prorated
- 🏆 Also included in the Mav's OSTP is a \$30 Slugger card at Mac's
- 🏆 All Mavericks get 10% off lessons, Slugger cards, and pro shop purchases at Mac's
- 🏆 Throwing program to develop arm strength and prevent injury
- 🏆 Strength and conditioning program, plyometric program
- 🏆 Baseball Skills (over seen by lead instructor Jon Macalutas)
- 🏆 Players will be evaluated throughout the program
- 🏆 Formal tryouts will be held in December and tournament rosters will be announce soon after
- 🏆 Players will be encouraged to workout on their own throughout the week and progress will be monitored

Further questions: <http://www.macspbaseball.com/mavericks.html>

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