



S.W.A.T.



Swinging with Athletic Training

Session 1 - Monday and Wednesday

Ages: 10-13 7:00-8:00pm

Ages: 14-18 8:00-9:00pm

**Session Dates: November 1 - December 1
(10 sessions - twice a week)**

Cost: \$250 for all age groups

SWAT Instructors:

Tom Derwin - Former Winthrop University D1 player - Semi-Professional player with Kalamazoo Kodiaks

Kraig Enders - Former standout at Saginaw Valley State and current travel league coach

Instructors subject to change

High Intensity Training

Serious Hitters Only

Supervised Workouts

Mechanics/ Bat Speed Improvement/ Technique Training/ Physical Conditioning



For Questions or to register

Call: 248-668-0166

Mail payment to:

Total Baseball

30990 Wixom Rd.

Wixom, MI 48390

Or register online at

Totalsportscplx.com



SWAT REGISTRATION FORM Session # 1

Age group: _____

NAME: _____

AGE: _____

ADDRESS: _____ CITY: _____ ZIP: _____

PHONE #: _____ EMAIL ADDRESS: _____

EMERGENCY CONTACT: _____ PHONE #: _____

PARENT/GUARDIAN SIGNATURE: _____ I authorize Total Baseball to arrange for emergency medical treatment in my absence. I will assume all financial responsibility for emergency transportation and treatment. I will not hold Total Baseball Inc. or any of its employees responsible or liable for any injury that may result from participation in the Total Baseball program.