



SPEED AND STRENGTH ACCELERATED TRAINING WEEKEND

November 10 – 11, 2007
Baseball Factory Training Facility
Baltimore, Maryland

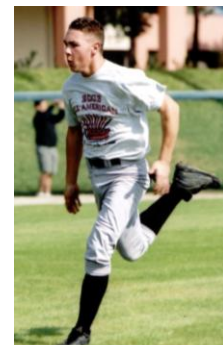
Baseball Factory's Speed and Strength Mini Camp will develop your level of training to give you an edge over the competition

Get faster and stronger through intense conditioning

Our professional staff including Tim Bishop, former Baltimore Orioles Strength and Conditioning Coach, will work with each player to develop a specialized running and weight training program

All Players Will Benefit From:

- ◆ **Top Notch Instruction:** Our team of professionals includes former Baltimore Orioles Strength and Conditioning Coach Tim Bishop, professional scouts, former professional players and former college coaches.
- ◆ **Intense Conditioning:** Speed is not just something you are born with, **SPEED CAN BE TAUGHT**. Let our trainers show you the techniques you will need to improve your time in the 60-yard dash.
- ◆ **Plyometric and Agility Ladder Drills:** Work with our instructors on plyometric and agility ladder drills to improve first step quickness
- ◆ **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.



Tim Bishop, M.S., C.S.C.S.

Tim served as the Strength and Conditioning Coach for the Baltimore Orioles over the past 12 years, recently stepping down. He holds a Master's Degree in Exercise Science from West Chester University and is a graduate of East Stroudsburg University with a degree in Human Movement and Sports Studies. Tim is a member of the National Strength and Conditioning Association and also the Professional Baseball Strength and Conditioning Coaches Society. Tim played professional baseball in the New York Yankees organization.

A PREMIER SCOUTING PARTNER FOR
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the leader in
player development +
college placement



**SPEED AND STRENGTH
ACCELERATED TRAINING WEEKEND**
Itinerary & Information

Date: Saturday, November 10 – Sunday, November 11, 2007

Location: Training will take place at the Baseball Factory Training Facility in Columbia, Maryland.

Lodging Info: Staybridge Suites
8844 Columbia 100 Parkway
Columbia, Maryland 21045

Flight/Train Information: Arrive at Baltimore/Washington Int'l Airport or Baltimore/Washington Airport Train Station between 8:00 am and 11:00 am on Saturday

Depart from BWI Airport/Train Station between 4:00 pm and 6:00 pm on Sunday

Itinerary to include:

Saturday:	8:00 – 11:00 AM	Player Arrival at Baltimore/Washington Airport or Baltimore/Washington International Train Station
	11:30 AM – 12:00 PM	Player Check-in
	12:00 – 5:00 PM	Review of stretching fundamentals, agility drills, small group instruction, running mechanic/technique analysis
Sunday:	6:30 PM	Dinner
	8:00 AM	Breakfast
	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
	2:15 PM	Player Departure
	4:00 – 6:00 PM	Players Depart from BWI Airport/Train Station

Staff to Include: **Tim Bishop:** Bishop has served as the Strength and Conditioning Coach for the Baltimore Orioles for the past 12 years. He recently stepped down from this position to begin Perform Fit Training. Bishop played professionally in the New York Yankees organization.

Important Camp Info:

- ◆ 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

