

# Premier Sports Academy

Ohm's Premier Sports Academy offers instruction in both basketball and baseball for Southeast MN.



Join us for pre-season work, whether you want to learn the game or improve your game. Players will get the reps in they need to improve. They will be challenged at their level on the fundamentals of offensive skills and defense to make them a better all around player.

## 2015 Fall Basketball Instruction

Classes will be held at Rochester Community Tech College Performance Gym Courts

**SUNDAYS** -Sept. 13-Oct. 25

Grades 2-4 6-7 PM \$90

Grades 5-8 6:45-8 PM \$110

**THURSDAYS** - Sept. 10- Oct.29

Grades 2-4 6-7 PM \$90

Grades 5-8 6:45-8 PM \$110

(No class  
Thurs. Oct.  
15)

Choose a second night of class for the same child and receive \$10 off. Register a second child in family and receive \$10 off. Each athlete must have an Ohm's Premier Sports Academy reversible jersey.. \$15  
Call or email to sign up for a class. (507) 993-0528 ohmsportsacademy@gmail.com

Mail payment and form to secure your spot. (See page 2)

Register early, space is limited. Bring your own basketball.



New! Arm Development and Conditioning class. This is a 9-week off-season program designed to build a solid foundation for arm strength, endurance, and arm health. Players will be given instruction on proper throwing mechanics, long-toss, and arm exercises. This is a class for not only for pitchers but all position players.

## 2015 Fall Baseball Instruction

Classes will be held at the Rochester Community Tech College

### Arm Development and Conditioning

**SUNDAYS** -Sept. 6-Oct.11, Oct.25 &

\*At RCTC football field

Nov. 15 & 22 (-these 2 held in RCTC Fieldhouse)

Grades 4-12 4:30-5:30 PM \$135

**TUESDAYS** - Sept 8.- Nov.3

Grades 4 -12 7-8PM \$135

\*All Tuesdays  
held in RCTC  
Fieldhouse

\*Make-up sessions may be available on a limited basis.

## Individual and Small Group Instruction

**Pitching Lessons** Individual lessons \$45 Group lessons 2-4 in a group \$75  
Players will learn proper pitching mechanics, how to improve arm strength, arm care, age appropriate pitches and finger grips, situational pitching, and fielding their position.

60 minutes

**Fielding Lessons** Group lessons 2-4 in a group \$75

Players will learn proper fielding mechanics, footwork, fielding fly balls and ground balls, and situational fielding. 60 minutes **Call or email for availability!**

Ohm's Premier Sports Academy Director: Joe Ohm- Joe is an area graduate, was a member of UW-La Crosse baseball and basketball teams. He was a pitcher and played professional baseball in the Chicago Cubs Organization. He is currently a teacher and coach in Rochester.

Please mail form and payment to: Ohm's Premier Sports

P.O. Box 7501

Rochester, MN 55903

### 2015 Fall Basketball

Please call or email to sign up. (507)993-0528 ohmsportsacademy@gmail.com

Name \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please circle:           Sundays \$ 90   \$110           Thursdays \$ 90   \$110

Reversible jersey \$15 Please circle: YS YM YL AS AM AL

Total: \$ \_\_\_\_\_

### 2015 Fall Baseball Arm Development and Conditioning

Please call or email to sign up. (507)993-0528 ohmsportsacademy@gmail.com

Name \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please circle:           Sundays \$ 135           Tuesdays \$ 135

Total: \$ \_\_\_\_\_

Release of Liability and Hold Harmless Agreement: I hereby authorize that by signing this form that I release Ohm's Premier Sports Academy, L.L.C., all members of the Academy staff as well as anyone associated with the academy facility, from any liability for injuries or damages of any kind sustained by my child. We/I hereby declare that the enrolled applicant is in good health and may compete in rigorous activity and I accept all responsibility and assume all costs that may be incurred in the event of an accident. I understand that Ohm's Premier Sports Academy, L.L.C. does not provide health insurance coverage for my child. We/I authorize the coaching staff to call medical personnel to treat our (or my) son or daughter in the event of injury or illness. By signing this agreement, I acknowledge that I am aware of THE INHERENT RISKS of participation in the activities. I appreciate that these risks may include serious property damage, bodily injury, and death. And I assume all responsibility for any damage, injury, or death that may result, and that there will always be risks regardless of all precautions.

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_