



**2018-2019 WINTER WORKOUTS**  
**for**  
**YOUTH & HIGH SCHOOL PLAYERS 11U-18U- “INFORMATION”**

Team Elite is a nationally ranked 8U-18U developmental and exposure program that has produced over 1000 college players since 2006 and more than 120 players drafted by MLB since 2007. Team Elite is nationally ranked consistently in the top 10 by Perfect game in all age groups each year. As part of our success, we have provided off season winter workouts which have proven to improve players in all aspects of their game and preparing them for the upcoming spring/summer season.

These workouts are the most intense, instructional and developmental workouts you have done. The instructional format is set up to specialize in positional development and all the mechanical and fundamental aspects of the game. The workouts help prepare the players for their high school tryouts, the start of the youth season and also serve as tryouts for any new players.

Winter workouts are managed by our professional coaching staff that has a tremendous amount of experience playing and coaching from 8U through the college/professional levels. In addition, there will be guest instructors at times at various sites including MLB professional scouts or college coaches. They will speak on Development and Exposure, the recruiting process, education and the MLB draft process.

**“ALL SESSIONS WILL INVOLVE” (2.5-3hrs of non-stop work)**

**45-60 MINUTES OF POSITIONAL WORK AT “ALL” POSITIONS (C/IF/OF/P)**

**45-60 MINUTES OF HITTING AND OFFENSIVE WORK**

**45-60 MINUTES OF STRENGTH/SPEED/AGILITY/FLEXIBILITY TRAINING**

**\*\*\* SIGN UP TODAY!!! Each location and workout is capped on the number of participants so register today so you do not miss out.**

## TRAINING OPTIONS:

The program is set up to be flexible and conducive to your schedule, allowing multiple options including # of days, locations, times and areas of specialization for you to choose.

We have the following programs, dates and times to choose from:

### INFIELDERS/OUTFIELDERS/CATCHERS/PITCHERS 11U-18U (Defensive/hitting/strength/speed training each workout)

#### \*\*\*\* 4 PACKAGE OPTIONS

- i. 6 Workouts - \$450
- ii. 9 Workouts - \$575
- iii. 12 Workouts - \$700
- iv. 15 workouts - \$825

**STRENGTH/SPEED/AGILITY TRAINING: (11U-18U-TBA)- INCLUDED AT ALL SITES WITH OUR PARTNERED GROUPS (180 SPORTS, NSTA, RAPID SPORTS)**

#### **\*\*\*\* DATES/TIMES/LOCATIONS:**

**(SEE ATTACHED SPREADSHEET FOR CALENDAR OF OFFERED DATES)**

Workouts start November 26<sup>th</sup> and end January 13<sup>th</sup>. Workouts are offered at Winder complex, Kennesaw Mtn HS, Northgate HS, Centennial HS, and NSTA.

### \*\*\* FIELD/INDOOR FACILITY SITES (FULL COMPLEX USAGE)

#### \*\*\* 11U-13U AGE GROUP:

- @ WINDER COMPLEX: Team Elite staff and 180 Sports Performance
- TUESDAYS/THURSDAYS @ 5:30PM
- SATURDAYS @ 9:00AM
- SUNDAYS @ 12:00PM
  
- @ CENTENNIAL HS: Team Elite staff and NSTA
- MONDAYS/WEDNESDAYS @ 6:00PM
- SATURDAYS @ 9:00AM
  
- @ NSTA: 11U-13U ONLY AT NSTA:
- TUESDAYS/THURSDAYS @ 6:00PM

### \*\*\* 14U-18U AGE GROUP:

- @ WINDER COMPLEX: Team Elite staff and 180 Sports Performance
- TUESDAYS/THURSDAYS @ 7:00PM
- WEDNESDAYS @ 6:00PM
- SATURDAYS @ 11:00AM
- SUNDAYS @ 2:00PM
  
- @ CENTENNIAL HS: Team Elite staff and NSTA
- TUESDAYS/THURSDAYS @ 6:00PM
- SATURDAYS @ 11:00AM
  
- @ KENNESAW MOUNTAIN HS (14U- 18U): TE Baseball and Training
- MONDAY/WEDNESDAYS @ 6:00PM
  
- @ NORTHGATE HS: Team Elite Baseball and Atlanta Baseball Academy
- \*14U-18U ONLY AT NORTHGATE HS:
- MONDAY/WEDNESDAYS @ 6:00PM
- SATURDAYS @ 11:00AM

### TRAINING SITES ADDRESSES:

Winter workouts will be offered at multiple locations as the Team Elite Staff will be running the workouts and partnered training groups will be helping with the training on site

Winder Complex: 338 Monroe Hwy, Winder, Ga

Kennesaw Mountain HS: 1898 Kennesaw Due West Rd NW, Kennesaw, GA 30152

Centennial High School: 9310 Scott Rd, Roswell, Ga

Norcross Sports Training Academy: 4825 S Old Peachtree Rd #1100, Norcross, GA 30071

Northgate High School: 3220 Fischer Rd, Newnan, GA 30265

Thanks

Brad Bouras and the Team Elite Staff!!!