



# The Ultimate Baseball Summer!

*New to Summer 2009 is our new Ultimate Hitting League (U.H.L) for Baseball and Softball and SPARQ speed and agility classes for all athletes*

Along with our great summer program of years past, the fundamentals and fun [Baseball 101](#) class (for 7-12 year olds), we are introducing our [Ultimate Hitting League](#) and a [Speed and Agility](#) Class.

## *Here's how the UHL works...*

Each team will consist of two people. You can pick your teammate, or if you need one, we can match you up with others who need one. If you prefer to compete by yourself, we will have a singles division.

You will come to the academy once or twice a week for an hour and 15 minutes to compete in challenges and work on your hitting skills. You or your team will accumulate points through various challenges, which will be the same for every team that week. At the end of a few weeks, you will be qualified in one of three brackets depending on your average point total. We will then have a playoff competition within the brackets to determine a winner of each bracket. The winners will receive some great prizes.

*See the additional details on all of the summer classes...*

## The Ultimate Baseball and Softball Summer Tuition

Being parents and having kids go through all the summer activities, we can certainly understand the challenges of your schedule. Tournaments, All-stars, vacations, and projects around the house can create a crazy schedule. That's why this year we have changed our plan to include more flexibility and more choices.

This summer, you can choose the days and time and classes you would like to attend. Mix and match. Spend all day with us, or just spend an hour if you would like. Come once a week, or more. **It's your choice!** Take a look below at your options.

Classes to attend per package	1 Visit Per Week	2 Visits Per Week
1 Class	\$30	\$45
2 Classes	\$45	\$75
3 Classes	\$60	\$90

\*We can quote you if you would like to attend more than 2 times per week.

**SPECIAL FREE BONUS:** For those of you signing up for a seven week package, we will throw in 3 FREE Bonuses with a value of almost **\$110**. You will receive our 12-Minute Shoulder and Elbow Solution DVD, the BioForce Nutrition and Fitness Software program, and a FREE BioForce Online Academy Video evaluation.

# ***BioForce Baseball & Softball Academy***

## ***The 7 Weeks of Ultimate Summer Fun***

### ***2009 Weekly Calendar***

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	Call for Private &				Specialty Camps	Specialty Camps
	Semi-private times				& Clinics	& Clinics
10:00 - 11:15	<b>U.H.L. Baseball</b>	<b>U.H.L. Softball</b>	<b>U.H.L. Baseball</b>	<b>U.H.L. Softball</b>		
11:30 - 12:30	<b>Baseball/ Softball 101</b>	<b>Baseball/ Softball 101</b>	<b>Baseball/ Softball 101</b>	<b>Baseball/ Softball 101</b>		
12:30 - 1:00	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
1 - 2:15	<b>U.H.L. Softball</b>	<b>U.H.L. Baseball</b>	<b>U.H.L. Softball</b>	<b>U.H.L. Baseball</b>		
2:15 - 2:30	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
2:30 - 3:30	<b>SAQ SPARQ</b>	<b>SAQ SPARQ</b>	<b>SAQ SPARQ</b>	<b>SAQ SPARQ</b>		

- **This calendar will be in effect starting the week of June 22nd through August 6th, 2009.**
- All classes this summer will include unlimited access/maximum flexibility for your schedule.
- Please look at the master calendar for holiday dates and closures.
- Please call early to book your private training times.
- Times and days for classes are subject to change to allow for smaller class sizes or conditions.

503-644-5500



**BioForce**  
baseball academy  
Developing the next generation athlete

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