

REGISTER TODAY !!

Severand

POWER-ARM PROGRAM

www.BigLeagueTalent.com



**ARM STRENGTH, SPEED &
SCALABILITY EXERCISE
PROGRAM**



THE BALLPARK
SPORTS TRAINING FACILITY
Farmingdale, NJ

**OFF SEASON PHASE
NOV-DEC, 10 SESSIONS**

Mondays/Thursdays (11/8 - 12/13)

5-6 PM or 6-7 PM or 7-8 PM

OR

Tuesdays/Fridays (11/9 - 12/14)

5-6 PM or 6-7 PM or 7-8 PM

\$415

\$725

**PRE SEASON PHASE
JAN-FEB, 8 SESSIONS**

Wednesdays (1/5 - 2/23)

5-6 PM or 6-7 PM or 7-8 PM

OR

Thursdays (1/6 - 2/24)

5-6 PM or 6-7 PM or 7-8 PM

\$335

For Both Sessions

QUESTIONS? CALL OR TEXT ROB @ 914-850-5960

BIG LEAGUE TALENT

2022 Semerano Power- Arm Program Order Form

Player Name: _____

Player Age: _____ D.O.B.: _____

Parent Name: _____

Email: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Select Phase:

Off Season Phase – Nov. to Dec., 10 Sessions: \$415

Which Sessions are you interested in? (days and times) A BLT Staff Member will confirm your Player's spot

Preferred Time Slot: _____

Pre Season Phase – Jan. Feb., 8 Sessions: \$335

Which Sessions are you interested in? (days and times) A BLT Staff Member will confirm your Player's spot

Preferred Time Slot: _____

Please Make Checks Out to: Big League Talent

Mail To:

Big League Talent

421 Vista Ct

Brick, NJ 08724