

**REGISTER TODAY!!**

*Severand* POWER-ARM PROGRAM

www.BigLeagueTalent.com



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



**THE BALLPARK**  
SPORTS TRAINING FACILITY  
Farmingdale, NJ

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

**Mondays/Thursdays (11/14 - 12/19)**

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

**OR**

**Tuesdays/Fridays (11/15 - 12/20)**

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

**\$415**

**\$725**

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

**Wednesdays (1/11 - 3/1)**

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

**OR**

**Thursdays (1/12 - 3/2)**

**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

## 2023 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