

**REGISTER TODAY !!**

*Severand*

**POWER-ARM PROGRAM**

[www.BigLeagueTalent.com](http://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 (11/13 - 12/18)**

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

**OR**

**Tuesdays/Fridays (11/14 - 12/19)**

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

**\$420**

**\$735**

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

**Wednesdays (1/10 - 2/28)**

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

**OR**

**Thursdays (1/11 - 2/29)**

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

**\$340**

**For Both Sessions**

**TO REGISTER OR QUESTIONS? CALL OR TEXT ROB @ 914-850-5960**

# BIG LEAGUE TALENT

## 2023/2024 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: \$420**

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: \$340**

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**