



# Test. Train. Triumph.



## Baseball Specific Training Sessions (Ages 12-18)

### Camp II:

- Advanced Functional Training Techniques
- Advanced Core Strengthening
- Advanced Speed, Agility & Quickness Training

January 5 – February 11  
Tuesday & Thursday

Ages 12-14: 6 to 7:15 pm  
Ages 15-18: 7:15 to 8:30 pm  
12 sessions – \$125

### Camp III:

- Throwing Fundamentals
- Throwing Program
- Speed, Agility & Quickness Training

February 15 – March 12  
Monday, Wednesday, Friday

Ages 12-14: 6 to 7:15 pm  
Ages 15-18: 7:15 to 8:30 pm  
12 sessions – \$125

Location: Billings Sports Plex  
For more information or to register, call (406) 238-5497.

## ACL Injury Prevention and Athletic Enhancement Camp

January 19 to February 25 • Tuesday and Thursday • 7:15 to 8:30 pm  
**Attention Female Athletes! Do you want to jump higher and prevent injury?** This 6-week training program is specifically designed to decrease ACL injuries and enhancing jump performance. It is sponsored by Billings Clinic and the Billings Parks and Recreation department. The ACL prevention program emphasizes improving:

- Jump technique and biomechanics (including a Dartfish video analysis)
- Vertical jump using lower body plyometric exercises
- Core strength • Agility • Dynamic flexibility
- Proprioception and balance

For female athletes Grades 9-12 • \$125 per athlete  
Camp includes a free t-shirt and water bottle.

For more information and to register, call Billings Parks and Recreation at (406) 657-8376 or visit [www.prpl.info](http://www.prpl.info)

## Speed & Power Camp

January 19 to February 25 • Tuesday and Thursday • 6 to 7:15 pm

Six-week training camp specifically designed to improve overall speed and power. Get the edge in all your sports by improving the one thing that no athlete can do without: SPEED. The camp will include dynamic flexibility, form running, explosive power, core strengthening and balance to improve athletic performance and prevent injuries. The camp is high school age athletes. All athletes will be pre- and post-tested to show their improvement over the six-week program.

\$125 per athlete. Camp includes a t-shirt and waterbottle.  
For more information or to register, call (406) 238-5497.

*Space is limited so sign up early to reserve your spot.*

Orthopedics & Sports Medicine  
Ranked #1 in Montana for Orthopedic Care

