

# Flora's Baseball/Softball Academy

At Flora's Fitness and Athletic Complex · [www.florasfitness.com](http://www.florasfitness.com)

## ACADEMY

Flora's Baseball/Softball Academy has the **credentials and experience** that make the difference. We have current and past **pro ball players, collegiate record holders, and high school coaches** with over **10 years of experience** working with your kids.



## FACILITY

- ❖ Over **10,000 square foot professional turf** playing area. Perfect for fielding ground balls.
- ❖ State of the art **FULLY equipped weight center**.
- ❖ **3 indoor batting cages**.
- ❖ Numerous nets, tees, pitching mounds, and other instructional equipment.

## OUR STAFF

- ❖ Shows **no favoritism** to any one player. All players are treated equally in a friendly manner.
- ❖ Our staff is on the **cutting edge** with scientific techniques and programs to enhance the individual player.
- ❖ Mistake and Failure are an inevitable part of Baseball/Softball and provide quality **teaching and learning** opportunities. We teach players that how positively one reacts to mistakes and failures is an important part of success, not only in baseball/softball, but in life as well.

## WHAT THE ACADEMY MEMBER RECEIVES:

- ❖ Instruction **twice a week**.
- ❖ **FULL use** of Flora's Athletic Complex: Weight Center, Batting Cages, etc. (**7-days a week**)
- ❖ A personalized **strength program** written by our **strength coach**.
- ❖ A **complete breakdown**, both mentally and physically, of hitting mechanics, in-field/outfield techniques, base stealing, and bunting.
- ❖ One parent also **entitled to use** Flora's Fitness Center while academy member is attending the training session: Weight Center and Aerobics Classes. (**Training two nights a week**).

