



PRESENTS

3 WAY TRAINING SPRING BREAK SKILLS CAMP

Welcome to 3 Way Training, where the approach to training is individually designed for ALL Sports and ALL Athletes. Supporting young athletes, increase confidence, promote physical fitness and provide sports performance enhancement training for youth is just one of the many aspects of 3 Way Training. Our attention to detail will guarantee results within the schedule time of your specific goal(s)...

Instructors for the Spring Break Skill Camp:

Calvin Medlock- Cincinnati Reds 02-07/ Tampa Bay Rays 07-09, 7 Seasons of Minor League Baseball, 4 Major League Camps (Baseball- Pitching and Fielding)

Josh Jones-Anaheim Angels, 2001-2000 -Cincinnati Reds 2003-2004 -Florida Marlins 05-06 (Baseball- Hitting, Fielding, and Base Running)

Christina Mata- Bachelor of Science in Kinesiology/ Sports Management, Personal Trainer, Hitting/Pitching/Catching State Championship Team/ Dobie High School 1993 & 1995 2nd Team All-District at Dobie High School 1995, Student Asst. Coach at Troy State University Head Coach at L.B. Wallace Jr. College, AL, Instructor (Softball-Pitching, Hitting, Fielding, and Catching)

Riley Simmons- Sports Specific Training, Strength/ Condition/ Speed & Agility, Flexibility, Ply metrics

And More.....

The Spring Break Skills Camp will Feature:

Goal Assessment, Nutrition, Fitness Analysis, Strength Training, Physical Conditioning, Flexibility Training, Speed Training, Agility Training, and Core.

Pitching, Hitting, Catching, Fielding, Base Running

Dates: March 15-17

Times: 9am – 5pm

Ages: 6-14

Price: \$100.00

Location: Texas Cages

Bring Snack Lunch.

Drinks will be provided

For information call Calvin @ 713-249-9804 or email @ lil_medlock10@yahoo.com

For Direction go to www.texas cages.com or www.3waytraining.webs.com

Accept: MC, Visa, and Checks (Make checks out to Texas Cages)

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