

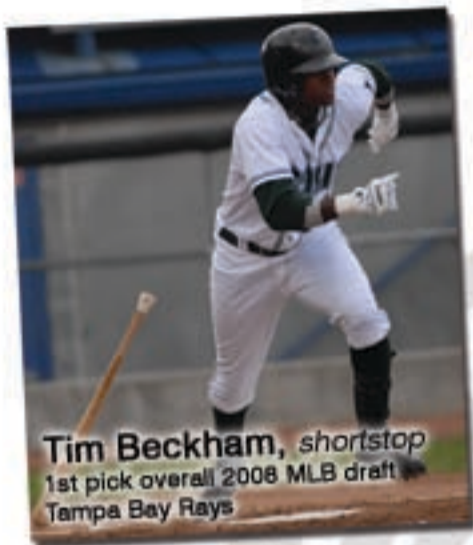
# CES Baseball Performance Training



Michael Barrett, Catcher  
Toronto Bluejays

CES Pro Clients (Tim Beckham, Jeff Francouer, Justin Smoak and Michael Barrett)

Over 1000 pros have trained with CES



Tim Beckham, shortstop  
1st pick overall 2008 MLB draft  
Tampa Bay Rays



Jeff Francouer  
New York Mets



Justin Smoak  
11th Pick overall 2008 MLB Draft  
Texas Rangers

## Bayshore Little League Youth Baseball Performance Camp

10% of proceeds will be donated to Bayshore Little League

During our 3 day camp, your young athlete will improve overall baseball performance. Examples of improvements: increased hitting and bat speed with our hitting harness; increased speed running bases; improved 60 times; increased overall explosiveness; improved core and shoulder strength; and improved reaction times while fielding. In addition to performance training, we will also do baseball skill work.

**Location:** Bayshore Little League Major Field (Corner of Barbados and Columbia on Davis Islands)

**Cost:** \$150/athlete (to be paid by check or cash on the first day of camp)

**When:** Thu Feb 11: 4:00 - 6:00 pm  
Fri Feb 12: 3:30 - 5:30 pm  
Sat Feb 13: 8:30 - 10:30 am

**Feb 11-13**

Complete the Registration form and release/waiver and fax or e-mail it back to CES by Feb 5th --- Fax: 678.957.1499 --- email: register@cesatlanta.com

# Train Like the Pros

www.cesatlanta.com