

SEMI-PRIVATE TRAINING

It's the sweet spot between group training & **PERSONAL** training. It's a way to receive the **MOTIVATION** and **SUPPORT** of a group while receiving a heavy dose of **FOCUSED**, intense coaching & skill development. Groups are limited to 4 players who are passionate about taking their skills up a few notches. Semi-private training is hands down the best way to get the **VALUE** & results you want.

SCHEDULE

Pick a Package

All Packages begin on the 1st of each month

How Many Times does your
Player want to Train Per Week?

1 time per week for 1 month = \$100

2 times per week for 1 month = \$140

3 times per week for 1 month = \$180

4 times per week for 1 month = \$239

5 times per week for 1 month = \$279

Benefits of Scheduling

All Packages offer Flexibility Week to Week when it comes to Scheduling. Have Full Control of what Sessions your Player Attends at your Convenience.

NEW this Month!

MVP Strong is Back!!!

New Pitching Clinic Every Friday



Baseball Training

Youth (Ages 9-11)

M: 5pm-5:50pm (4 Max)

T, W, TH: 6pm-6:50pm (4 Max)



Mike Tierney
Lead Trainer

Book



Baseball Training

Hybrid (Ages 10-13)

T, W, TH: 7pm-7:50pm (4 Max)



Mike Tierney
Lead Trainer

Book



Baseball Training

Intermediate (Ages 12-14)

M: 6pm-6:50pm (4 Max)

T, W, TH: 8pm-8:50pm (4 Max)



Mike Tierney
Lead Trainer

Book



Speed & Agility Training

Youth (Ages 9-11)

W: 7pm-7:50pm (4 Max)

Intermediate (Ages 12-14)

W: 6pm-6:50pm (4 Max)



TBA
Speed & Agility Trainer

Available Jan. 1st



Strength & Conditioning Training

Youth (Ages 9-11)

T & TH: 7pm-7:50pm (6 Max)

Intermediate (Ages 12-14)

T & TH: 6pm-6:50pm (6 Max)



Steve Sulcoski
Lead Trainer

Book



Baseball Pitching Clinic

Hybrid (Ages 10-13)

F: 6pm-6:50pm (6 Max)



Mike Tierney
Lead Trainer

Book

Sign Up Today at teammvptraining.com/semi-private-training