



Total Baseball Training, LLC

'23-24 Program Offerings

All Programs are Subject to Change Without Notice. **All Rights Reserved**

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For more information please email Tony at totalbaseballithaca@gmail.com
 Programs are Co-Ed and open to all school districts

<u>Program Name</u>	<u>Brief Description</u>	<u>Program Dates</u>	<u>Program Information & Registration Located at</u>
Small Group/Team Training	Saturday AM time slot available to book groups of 4 or more for baseball group training Saturdays 9:30-Noon	12/2/23 to 12/30/23	totalbaseballithaca@gmail.com
Arena Baseball Ages 7-12	Fast paced, fun indoor baseball play on teams. 30 mins. Of skill instruction offered weekly-ages 7-12. Co-Ed Saturdays in December 8:00 am start	12/2/23 to 12/30/23	www.crcithaca.com
Small Group/Team Training	Saturday AM time slot available to book groups of 4 or more for baseball group training Saturdays 8-11 am	3/9/24 to 4/13/23	totalbaseballithaca@gmail.com
Session I Training Ages 10-18	Advanced Training to prepare for spring scholastic play and summer programs– 2 age group sessions offered Sundays Ages: 10-13 8 am to 10 am	1/7/24 to 2/11/24	www.crcithaca.com
Session II Training Ages 10-18	Advanced Training to prepare for spring scholastic play and summer programs– 2 age group sessions offered Sundays Ages: 10-13 8 am to 10 am	3/10/24 to 4/14/24	www.crcithaca.com
TBT Summer Camp	Day Camp for ages 7 to 12 year olds Specific dates TBA for week long day camps 9 am to 3 pm.	July 2024	www.lansingrec.com

We recommend certain players for summer travel programs with [Cayuga Lakers](#) Ages 14 to 18 Coach Valesente Administrator

Total Baseball Training is a player development company

Our training methods and programs are designed to develop your body, your mind and your soul

We believe in ATHLETES!

We teach you *how* to be an ATHLETE!

We teach first ● proper form ● proper movements ● proper mental approach

Then.... We TRAIN! We TRAIN with Purpose...We TRAIN for Success!

Our coaching staff is made up of former NCAA coaches and players. We teach EVERY aspect of the game.