

1ST **ANNUAL FAST PITCH CAMP**

Jan. 4- 6 , 2012

9:00am to 4:00pm

Lunch will be provided Jan. 4th-6th.

Where: Rio Vista Recreation Center

Format: Dynamic Baseball Training in three 1/2 days!
Some of the different sessions include stretching,
defensive training and skill development.

FAST (performance division of Foothills Sports
Medicine) will be conducting baseline performance
testing including a vertical jump test, 40 meter run and
a shuttle run.

Staffed by Howard Kobata, Rob Wagner, and
former college players

Ages 9-18

Each player will receive a shirt, a batting cage card for Rio
Vista and a discount on It's All in the Game package.

Space is limited and
price is subject to
change
December 16th.

\$150.00

To register please call or
email Ron Stiner.
623.979.2273
rstiner@itsallinthegame.com

www.itsallinthegame.com



Foothills Sports Medicine
Physical Therapy

FAST[®]