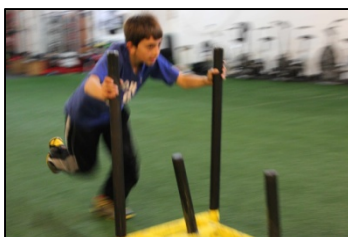




Mahwah Travel Baseball Program

RPP is Proud to Offer Mahwah Youth Baseball a Complete Program For Baseball Players on Speed, Mobility, Agility and Conditioning



The youth program at RPP is a great introduction for young athletes to speed, mobility, agility and conditioning. It is a great off-season protocol to help young athletes prepare for the long baseball season. It fully recognizes the growth patterns and attributes of younger ages and, in keeping with our strict safety standards, our programs for youth are primarily used as an introductory phase to physical training. At every step, we take into consideration this sensitive young adolescent period. The following is a brief summary of program highlights:

- * Speed
- * Conditioning
- * Power
- * Injury Reduction
- * Agility
- * Flexibility
- * Strength
- * Proper Nutrition

Programs designed for 11u -12u and 13u -14u Teams

Will You Be Ready for the Next Baseball Season?

Sessions Will Be Held In January At

174 Route 17 North
Sloatsburg, NY 10974

www.RocklandPeakPerformance.com

845-712-5415