

TAD's APRIL/MAY SESSION

8 week program

\$10.00/session when paid in advance. \$15.00/ session drop-in rate.

Assessment Day—MON April 5th & TUE April 6th—FUN/LTT 6pm. TTW 7p. Final Assessments—WED May 26th & Thurs. May 27th.

Sessions can be prorated for athletes who cannot attend class 2 times per week. We do ask that you schedule both assessment days!

Drop in rate will remain \$15.00 for athletes who do not schedule & pay for sessions ahead! (signups DO NOT need to be at the beginning of 8 week session)

DON'T FORGET — if you cannot attend a scheduled class you MUST call ahead to cancel AND reschedule! If you call ahead you can make-up that class. NO MAKE-UPS for classes that were not cancelled ahead! Call 348-6339 or email info@tadsports.net

SOFTBALL & BASEBALL Lessons (pitching, hitting, fielding, throwing) now available at TAD!



APRIL 2010

If you cannot attend a session you have scheduled you MUST call in advance to cancel and reschedule. If we do not have athletes scheduled for a class listed we will not hold the training session. Classes must have at least 4 athletes scheduled.

Athletes Name: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 SPRING BREAK SOCCER CLINIC 10-1p	3
4	5 Adult- 5a Adult-6a ASSESSMENT FUN/LTT-6p TTW-7p	6 ASSESS- MENT-6p- LTT/TTW	7 Adult- 5a Adult-6a LTT-6p TTW-7p	8 Adult- 9a LTT-6p TTW-7p	9 Adult- 5a Adult-6a	10
11	12 Adult- 5a Adult-6a FUN-5p LTT-6p TTW-7p	13 Adult- 9a LTT-6p TTW-7p	14 Adult- 5a Adult-6a LTT-6p TTW-7p	15 Adult- 9a LTT-6p TTW-7p	16 Adult- 5a Adult-6a	17
18	19 Adult- 5a Adult-6a FUN-5p LTT-6p TTW-7p	20 Adult- 9a LTT-6p TTW-7p	21 Adult- 5a Adult-6a LTT-6p TTW-7p	22 Adult- 9a LTT-6p TTW-7p	23 Adult- 5a Adult-6a	24
25	26 Adult- 5a Adult-6a FUN-5p LTT-6p TTW-7p	27 Adult- 9a LTT-6p TTW-7p	28 Adult- 5a Adult-6a LTT-6p TTW-7p	29 Adult- 9a LTT-6p TTW-7p	30 Adult- 5a Adult-6a	

Baseball—Group & Private Lessons
Softball—Group & Private Lessons
FS—Female Group Strength Training
MS—Male Group Strength Training

FUN—Fundamentals Age 8-10
LTT—Learning to Train Age 11-14
TTW—Training to Win 15 Up
Adult—Group Training

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MAY 2010

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Athletes Name: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Adult- 5a Adult-6a	1
2	3 Adult- 5a Adult-6a FUN-5p LTT-6p TTW-7p	4 Adult- 9a LTT-6p TTW-7p	5 Adult- 5a Adult-6a LTT-6p TTW-7p	6 Adult- 9a LTT-6p TTW-7p	7 Adult- 5a Adult-6a	8
9	10 Adult- 5a Adult-6a FUN-5p LTT-6p TTW-7p	11 Adult- 9a LTT-6p TTW-7p	12 Adult- 5a Adult-6a LTT-6p TTW-7p	13 Adult- 9a LTT-6p TTW-7p	14 Adult- 5a Adult-6a	15
16	17 Adult- 5a Adult-6a FUN-5p LTT-6p TTW-7p	18 Adult- 9a LTT-6p TTW-7p	19 Adult- 5a Adult-6a LTT-6p TTW-7p	20 Adult- 9a LTT-6p TTW-7p	21 Adult- 5a Adult-6a	22
23	24 Adult- 5a Adult-6a FUN-5p LTT-6p TTW-7p	25 Adult- 9a LTT-6p TTW-7p	26 ASSESSMENT LTT-6p TTW-7p	27 ASSESSMENT LTT-6p TTW-7p	28 Adult- 5a Adult-6a	29

FS—Female Group Strength Training
MS—Male Group Strength Training

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