



Mayo Clinic Sports Medicine

Group Training: Coaching for All Aspects of Your Game



Baseball/Softball Training

January 18 through February 24 (6 weeks)

Mayo Clinic Sports Medicine has teamed-up with baseball coaches, Bill Cutshall and Keith Kangas, softball coaches Kim Jones and Kim Lambert and EXOS — a leader in baseball performance training, supporting MVPs, World Series champions, Rookies of the Year, and Hall of Famers. Together we provide you with the area’s top notch baseball and softball program! This program will help you optimize your pitching and hitting technique, fielding technique, speed & agility, first step quickness, strength & power development, and injury prevention. This small group training package includes 6 - 24 sessions with our Baseball/Softball Coaches and EXOS Performance Specialists.

Rochester Program Schedule:

Monday and Wednesday	
6:00 – 7:00 pm	Baseball Group Session
Saturday	
11:00 – 12:00 pm	Softball Group Session
Monday through Thursday	
4:00 – 5:00 pm	EXOS Youth Performance Training
5:00 – 6:30 pm	EXOS High School Performance Training

Note: Baseball/Softball Group session for ages 10+. EXOS Youth Performance Training for athletes in grades 6,7,8. EXOS HS Performance Training for athletes in grades 9,10,11,12.

Packages Available:

Option 1:		
Baseball/Softball Skills Only	1x week	\$200
Baseball Skills Only	2x week	\$400
Option 2:		
Baseball/Softball Skills + EXOS	1x week ea	\$320
Baseball Skills + EXOS	2x week ea	\$640



Call to sign up! 507-266-9100