

HARD 90 BASEBALL

Hard 90 Baseball is designed to teach life skills through the game of baseball, offering specific programs for youth, high school and college prep.

TRYOUT FOR HARD 90 BASEBALL TODAY!

We run travel baseball teams for players ages 8 through 18. We are always looking for players who want to develop as a person and a baseball player through hard work and overcoming obstacles in their way.

For more information on our teams or to reserve a time for you to tryout, call the Clubhouse at (916) 365-4977, or email us at hard90baseball@gmail.com.



5-TOOL WORKOUTS

INDOORS AT **THE CLUBHOUSE** (no rainouts!)

Professional Instruction on the basics of baseball that every player should learn prior to playing competitively. Coaches will focus on the basics of hitting, fielding and throwing as well as the mental makeup of a true baseball player.

Ages 8 - 12

1:00pm - 3:00pm at The Clubhouse

EVERY SUNDAY (Excluding Holidays)

\$100 per month (siblings \$75)

Hard 90 is a Non-Profit Organization