



Hard 90 Baseball Total Player Prep Program 2010 FALL Quarter

10 Workouts for \$70/monthly *EFT!!! (no credit or rollovers)

5 Workouts \$42/monthly *EFT!!! (no credit or rollovers)

Any other block of Workouts is \$30 per Workout IF PAID IN ADVANCE!!! (no credit/rollovers)

Single Workout is \$35 if paid as a walk-up that day (no exceptions!) **SIBLING RATE IS HALF**

*NEW Electronic Funds Transfer available, Google Pay (on our website), check/cash accepted.

PROFESSIONAL HITTING INSTRUCTION	PROFESSIONAL PITCHING INSTRUCTION	SPEED, AGILITY, & CORE STRENGTHENING
PROPER FIELDING MECHANICS	"INSIDE BASEBALL" GUEST SPEAKERS	MENTAL APPROACH TO THE GAME OF BASEBALL
BASERUNNING	GAME SITUATIONS	CATCHING INSTRUCTION

FILL OUT A PARTICIPATION FORM at www.hard90baseball.com to sign-up

Age as of April 30, 2011. Following dates, times and locations subject to change:

7-9 year olds: All Sunday Workouts will be held at Mahany Park in Roseville

TUESDAY (BULJAN)	4:00 PM– 6:30 PM	SEPT. 7, 21	OCT. 5, 19	NOV. 9
TUESDAY (EDH)	5:00 PM– 7:30 PM	SEPT. 7, 21	OCT. 5, 19	NOV. 9
SUNDAY	9:00AM—11:30 AM	SEPT. 12, 26	OCT. 10, 24	NOV. 14

10-11 year olds: All Sunday Workouts will be held at Mahany Park in Roseville

THURSDAY (BULJAN)	4:00PM—6:30 PM	SEPT. 9, 23	OCT. 7, 21	NOV. 11
THURSDAY (EDH)	5:00PM—7:30 PM	SEPT. 9, 23	OCT. 7, 21	NOV. 11
SUNDAY	11:00AM—1:30 PM	SEPT. 12, 26	OCT. 10, 24	NOV. 14

12 year olds: All Sunday Workouts will be held at Mahany Park in Roseville

TUESDAY (BULJAN)	4:00PM—6:30 PM	SEPT. 14, 28	OCT. 12, 26	NOV. 16
TUESDAY (EDH)	5:00PM—7:30 PM	SEPT. 14, 28	OCT. 12, 26	NOV. 16
SUNDAY	1:00 PM—3:30 PM	SEPT. 12, 26	OCT. 10, 24	NOV. 14

13 year olds: All Sunday Workouts will be held at Bella Vista H.S. in Fair Oaks

TUESDAY (BULJAN)	4:00PM—6:30 PM	SEPT. 14, 28	OCT. 12, 26	NOV. 16
TUESDAY (EDH)	5:00PM—7:30 PM	SEPT. 14, 28	OCT. 12, 26	NOV. 16
SUNDAY	10:00 AM—12:30 PM	SEPT. 12, 26	OCT. 10, 24	NOV. 14

14 year olds: All Sunday Workouts will be held at Bella Vista H.S. in Fair Oaks

THURSDAY (BULJAN)	4:00PM—6:30 PM	SEPT. 16, 30	OCT. 14, 28	NOV. 18
THURSDAY (EDH)	5:00PM—7:30 PM	SEPT. 16, 30	OCT. 14, 28	NOV. 18
SUNDAY	10:00 AM—12:30 PM	SEPT. 12, 26	OCT. 10, 24	NOV. 14

15-18 year olds: All Sunday Workouts will be held at Bella Vista H.S. in Fair Oaks

THURSDAY (BULJAN)	4:00PM—6:30 PM	SEPT. 16, 30	OCT. 14, 28	NOV. 18
THURSDAY (EDH)	5:00PM—7:30 PM	SEPT. 16, 30	OCT. 14, 28	NOV. 18
SUNDAY	12:00PM—2:30 PM	SEPT. 12, 26	OCT. 10, 24	NOV. 14

A walk-up daily rate of \$35 is available for individual sessions. Further questions call 877-334-4790 for Hard 90.

Mahany Park: From Highway 80, take Highway 65, take Pleasant Grove Blvd. Exit. Take a left on Pleasant Grove and proceed a few miles, park is on the left side.

Bella Vista H.S.: From Roseville take Douglas Blvd. to the Sunrise Ave. ramp south onto Sunrise. Go about 4 miles and turn left on Madison. After passing Fair Oaks Blvd. turn left into the school parking lot at the second signal light. Field is in the back of the school.

Sacramento: take Highway 80 east to the Madison exit. Turn right and go about five miles. After passing Fair Oaks Blvd. turn left into the school parking lot at the second signal light. Field is in the back of the school.

Buljan Park: From I-80 take 65 North exit Pleasant Grove Blvd. Take left at Pleasant Grove. Take right at Hallissey Dr. Go approx. 1/4 mile and park is on the left side.

El Dorado Hills Facility: Highway 50 take Latrobe/El Dorado Hills Exit. Head South on Latrobe. DO NOT turn on the 1st Golden Foothills Pkwy (Business Park #1). After approx. 1 mile turn right on 2nd Golden Foothills Pkwy (Business Park #3). First left on Robert J. Matthews. First right on Hillsdale. Left on Glen Haven Ct. 1235 Glen Haven Ct., El Dorado Hills

Weekday Workouts at Buljan Park and El Dorado Hills Facility