



THE PIT STRENGTH & CONDITIONING

Fall/Winter PIT K's

K's Academy partners with The PIT Strength & Conditioning to provide optimal performance training, personalized programming & constant supervision.

High School: **October 1 - February 23** \$750
Jr High School: **October 29 - March 23** \$450

HIGH SCHOOL ATHLETES

90 Minute Sessions - Select **three sessions per week**

MON/WED	6:45-8:15 PM
TUE/THU	4:15-5:45 PM
FRI	4:15-5:45 PM
SAT	10:30 AM-12:00 PM

YOUTH/JR HIGH ATHLETES

60 Minute Sessions - Select **two sessions per week**

MON/WED	4:15-5:15 PM
TUE/THU	5:00-6:00 PM
SAT	11:30 AM-12:30 PM

Pick sessions that work best for your schedule. High school meets 3x/week. Jr High meets 2x/week.
Don't see a time that works? Inquire about one of our several make up sections.
Each session must have five participants of the schedule may be subject to change.

CERTIFIED PIT COACHES AND K'S ACADEMY INSTRUCTORS HAVE TRAINING EXPERIENCE WITH THE FOLLOWING TEAMS:

COLLEGE:

Illinois State	Heartland Community College
Southern IL	Coastal Carolina
Creighton	Jefferson College
University of Iowa	Central Missouri
	U of IL-Springfield

PROFESSIONAL:

Detroit Tigers	St. Louis Cardinals	Texas Rangers
LA Angels	Milwaukee Brewers	Toronto Blue Jays
LA Dodgers	Boston Red Sox	NY Mets
Chicago White Sox	Miami Marlins	Chicago Cubs
	Oakland Athletics	

To enroll contact Josh Kauten at Josh@KsTrainingAcademy.com
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