

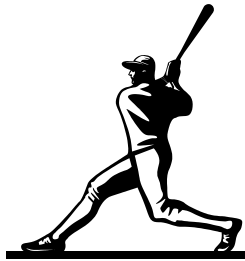


TP SPORTS PERFORMANCE

WORLD CLASS VISION ON SPORTS PERFORMANCE TRAINING

PBO BASEBALL TRAINING CLINIC

Bo Jackson's
ELITE
SPORTS



Get Ready for your season with world class experience. Our clinic will:

- *Teach starting and top speed technique*
- *Teach you about agility and change of direction*
- *Show drills for core/hitting power*
- *Establish safe and effective exercises.*

Since 2001 TP Sports has trained over 4000 athletes of all levels from all sports. Our positive style uses the latest forms of training strategy to harness all the ability an athlete has to offer. Be ready to be challenged, be ready to reach new levels of performance.

What: PBO Baseball Training Clinic

Where: Bo Jacksons Elite Sports Dome, Lockport, IL

When: Friday, March 19th
7pm to 8:30pm

Cost: \$15 per player

No pre-registration is required...see you at the dome!

Head Coach Tom Pukstys CSCS

Sports Performance Specialist

Candidate for the 2012 Olympic Games Coaching Staff

1992, 1996 Olympian

14 year professional career

Published author, guest speaker, served as coach for 2007 Pan Am Games Track and Field team.

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