

# AVERA SPORTS IN MITCHELL WINTER BASEBALL PERFORMANCE PROGRAM

Program includes two 6-week sessions starting

Oct. 31 and Dec. 12\*

\*Christmas break: Dec. 23 – Jan. 1

6-Week Program: \$180 | 12-Week Program: \$300  
(paid at the beginning)

**WHEN:**  
MONDAYS, TUESDAYS AND THURSDAYS  
(7 P.M.)

**WHERE:** AVERA SPORTS COMPLEX, 700 E.  
KAY AVE., MITCHELL, SD 57301

**WHO:** MIDDLE SCHOOL THROUGH HIGH  
SCHOOL ATHLETES

**COACH:** MICHAEL SADLER,  
STRENGTH AND CONDITIONING COACH  
OF THE SEATTLE MARINERS

Coach Sadler's training methods improve overall athleticism by building your body, increasing speed and enhancing skills.

Workouts include a range of speed, agility and conditioning drills, as well as individualized, age-appropriate weight training focused on strength, power and explosiveness.

*Athletes of all sports welcome.*

**Avera**   
Sports

Visit [Avera.org/Events](http://Avera.org/Events) to register. For additional questions, call 605-292-0269 or email [AveraSportsMitchell@avera.org](mailto:AveraSportsMitchell@avera.org).