



PITCHING



FIELDING



HITTING



EXPLOSIVENESS



PRO BASEBALL CAMP

**DECEMBER
29TH & 30TH**

• 10am-11:30
2nd - 6th Grade
• 12:30-2pm
7th - Highschool

**Only
\$50**

Hitting, Pitching, Fielding,
Strength & Conditioning



REGISTER ONLINE AT: WWW.KINGDOMSPORTSCENTER.COM
Or Call 937-746-3370 – Limited Spots Available



Michael Roe Jr. - P/SS/1B/OF

- Northern Kentucky University (08' - '10)
- Cedarville University ('10 - '12)

**Brandon
Miller
C/2B/3B/OF**
- Madison
Mohawks
('02 - '06)



**Special Guest Speaker
Mike Roe Sr.
Former MLB Professional
Montreal Expos '82 - '84**

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10am – 11:30am (2nd – 6th Grade) 12:30 – 2pm (7th – HS)



About The Camp



Welcome to the Michael Roe Pro Baseball Camp,

This elite performance camp focuses on explosive skill training to meet your athlete's needs. Focusing on Pitching, Hitting, and Fielding along with fundamental muscle memory development, which helps to teach athletes from the ground up.

The difference is in the Fast Twitch Muscle Training... The Michael Roe Pro Baseball Camp includes a Next Level workout program at the end of each skill training, to target Core, Legs, and Upper body, through explosive, fast twitch training. Promoting growth in speed, agility quickness, power, strength, and balance.

Develop your Baseball Athlete with the Michael Roe Professional Baseball Camp Today.

To Register: Visit KingdomSportsCenter.com
For Details: Call/Text: 513-435-1197

Michael Roe Pro Baseball Training Session Breakdown

- 3 Minute – Dynamic Stretch
- 1 Hour – Baseball Muscle Memory Skill Development Training
- 30 Minute – Fast Twitch Muscle Development Explosive Workout
- 1 Minute – Yoga Cool Down Stretch

All Michael Roe Pro Baseball Training Sessions/Camps are recorded and published to YouTube for (AT HOME) accountability homework training. Our goal is to educate athletes and parents to promote healthy, explosive athletes who are dedicated to excellence, EVERYDAY!

Register By 12/16 And Get A Free Michael Roe Pro Baseball Training (Official) 3/4 Sleeve Shirt



Train Like A Pro..... Play Like A Pro