

Program 1 SPEED/ AGILITY KAZ JOHNSON

1. 1.5 hours per workout
2. 3 workouts per week
3. 18.5 weeks
4. 5.5 months

PROGRAM NIGHTS: Monday, Tuesday, and Thursday

START/END TIME: 5:00 p.m.-6:30 p.m

Location: Life Fitness Center/ TBK Sports Complex Bettendorf, Iowa

Program 2 WEIGHT STRENGTHENING KAZ JOHNSON

1. 1.5 hours per workout
2. 3 workouts per week
3. 18.5 weeks
4. 5.5 months

PROGRAM NIGHTS: Monday, Tuesday, and Thursday

START/END TIME: 6:30 p.m.-8:00 p.m.

Location: Life Fitness Center/ TBK Sports Complex Bettendorf, Iowa

Program 3 HIGH SCHOOL BASEBALL PREP + 1 SPEED or WEIGHT
KAZ JOHNSON/ ZEB MUMMA

1. (KAZ) 1.5 hours per night
2. (KAZ) 3 nights per week
3. (KAZ) 18.5 weeks
4. (KAZ) 5.5 months
5. (ZEB) 3 hours per OPEN PRACTICE (NONMANDATORY)
6. (ZEB) 2 nights per week (NONMANDATORY)
7. (ZEB) 22.5 weeks
8. (ZEB) 6.5 months
9. (ZEB) 30-50 GAME schedule available (on sub roster, uniform included)

PROGRAM NIGHTS: KAZ- Monday, Tuesday, Thursday ZEB- Friday, and Sunday

START/END TIME: (KAZ) 6:30 p.m.-8:00 p.m. (ZEB) 5:00 p.m.-9:00 p.m.

Location: Life Fitness Center/ TBK Sports Complex Bettendorf, Iowa

BASEBALL TEAMS
15U/16U ZEB MUMMA

1. (KAZ) 1.5 hours per night
2. 3 nights per week
3. 18.5 weeks
4. 5.5 months
5. (ZEB) 3 hours per night

6. (ZEB) 1-4 nights per week
7. (ZEB) 37.5 weeks
8. (ZEB) 10.5 months
9. (ZEB) 30-50 GAME schedule
10. MANDATORY TEAM FUNDRAISING (2)

NOTE: TEAM FUNDRAISER is APPLIED to PLAYER FEE!

PROGRAM NIGHTS: (KAZ) Monday, Tuesday, Thursday (ZEB)Friday, and Sunday

START/END TIME: KAZ 6:30p.m.-8:00p.m. ZEB 5:00p.m.-9:00 p.m. (MANDATORY)

Location: Life Fitness Center/ TBK Sports Complex Bettendorf, Iowa

BASEBALL TEAMS
12U/13U ZEB MUMMA

1. (KAZ) 1.5 hours per night
2. 3 nights per week
3. 18.5 weeks
4. 5.5 months
5. (ALEX) 3 hours per night
6. 1-4 nights per week
7. 33.5 weeks
8. 10.5 months
9. 30-50 GAME schedule
10. MANDATORY TEAM FUNDRAISING (2)

NOTE: TEAM FUNDRAISER is APPLIED to PLAYER FEE!

PROGRAM NIGHTS: (KAZ) Monday, Tuesday, Thursday (ALEX) Friday and Sunday

START/END TIME: KAZ 5:00 p.m.- 6:30 p.m. ALEX 5:00 p.m.- 9:00 p.m.

Location: Life Fitness/ TBK Sports Complex/ Bettendorf Community Center

BASEBALL TEAM ONLY - NO TRAINING PROGRAM
ZEB MUMMA / ALEX VARBLE
12U/13U/15U/16U
March 1, 2023-July 30, 2023

1. TRYOUT will be in February 2023
2. Practice 3 hours per night
3. 1-4 times per week
4. 21 weeks
5. 5.25 months
6. 30-50 Game schedule
7. PRICE : 15u/16u = \$1,000
12u/13u = \$900

NOTE: Look for tryout announcements by following us on the Quad Cities Matrix FaceBook page or at LIFE FITNESS CENTER and Bettendorf Park Board websites.

PROGRAM 7
PRIVATE LESSONS
ZEB MUMMA / ALEX VARBLE
HITTING, PITCHING, FIELDING, CATCHING
PRICE: \$1 PER MINUTE
BY APPOINTMENT ONLY
LOCATION: Life Fitness Center in Bettendorf, Iowa
CONTACT: ZEB MUMMA via email zebmumma@yahoo.com

PROGRAM 8
TEAM BASEBALL CLINICS
Available October 1, 2022- February 15, 2023
14U and younger
PRICE: \$300 per 1.5 hours per team of (15) players or less