

**RUN FASTER \* THROW HARDER \* HIT FARTHER \* LAST LONGER**

**M-PACT SPORTS**

Motivating Parents Athletes Coaches Teams

&

**TOTAL ATHLETE TRAINING**

REACH YOUR POTENTIAL



*Present:*

# PLAYERS WITH M-PACT

**BASEBALL / SOFTBALL**

**FALL STRENGTH & CONDITIONING PROGRAM**

*The ultimate program for the serious high school athlete!*



**WHEN:**

5:00 – 6:30 PM

Sep 28 – Nov 20 (8-week option)

Sep 28 – Dec 23 (12-week option)

Mon, Wed, & Fri – (you pick 2 days)

**WHERE:**

M-PACT SPORTS

1476 N Goldenrod Rd

Orlando FL 32807

**WHO:**

Dedicated High School Baseball &  
Softball Athletes



Come to M-PACT SPORTS, Orlando's premier baseball & softball instructional facility, for Central Florida's premier strength and conditioning program for the serious baseball and softball athlete. This exclusive training program is directed by Coach Dan Bessetti, MS, CSCS, whose 13 years experience as a college strength and conditioning coach gives him an intimate familiarity with developing the elite athlete.

**SPACE IS LIMITED!**

**To Register: Call Dan Bessetti 407-965-8738**

**SPECIAL!!! SAVE \$\$\$ !!!!**

**12 WEEK PROGRAM: Place your \$150 deposit by September 26 and save 15%!**

**8 WEEK PROGRAM: Place your \$100 deposit by September 26 and save 10%!**

[www.M-pactSports.com](http://www.M-pactSports.com)

[www.TotalAthleteTraining.com](http://www.TotalAthleteTraining.com)

*"Coach Bessetti knows what it takes to be a great player, and his program will help you no matter what your age or level." - Jay Bergman, longtime UCF Baseball Coach*

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