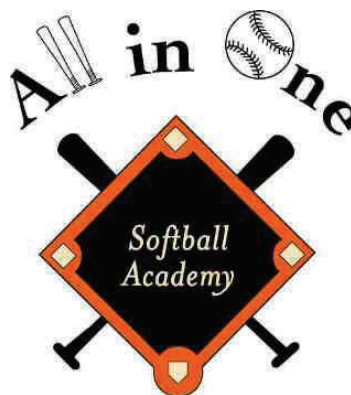


Velocity Sports Performance



VELOCITY AND ALL IN ONE ARE PARTNERING TO PROVIDE THE ULTIMATE ONE STOP SHOP FOR ELITE SPEED, STRENGTH AND FASTPITCH SOFTBALL TRAINING



www.allinonesoftball.com

All In One Instructor, Jen Silks is currently training 116 students including Daily Herald Player Of The Year, Hannah Santora, along with NCHS star hitter, Meg Silke. Jen works with over 30 fastpitch softball teams including Chi-Town Express, Wasco Diamonds, Naperville Diamonds and Schaumburg Sluggers. Jen provides instruction for hitting and all positions, specializing in pitching and catching. Jen's hands on style of instruction and demonstration of drills produces quick results and rapid development in her students. Jen played professionally for the Illinois Alley Cats and was pitching coach at Aurora Christian High School in 2001. Jen traveled to Australia in 1998 with the National "Field Of Champions" Team. Jen was instructed in hitting by Mike Candrea, head coach of the University of Arizona Softball Team and the U.S. Fastpitch Softball Team.

PRIVATE INSTRUCTION FOR PITCHING, HITTING, FIELDING, & CATCHING

PRICES ARE FOR 30 MINUTE PRIVATE LESSONS THAT WILL FOCUS ON PLAYER SKILL DEVELOPMENT. EACH SESSION CAN BE TAILORED TO MEET THE PLAYER'S INDIVIDUAL NEED.

*** TEAM TRAINING ALSO AVAILABLE ***

INDIVIDUAL LESSONS ARE \$45.00 EACH

LESSON PACKAGES

MUST BE PAID FOR IN FULL AT TIME OF PURCHASE

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12 LESSONS \$516.00 (\$43 EACH)

24 LESSONS \$960.00 (\$40 EACH)

Why Do You Train?SM

**For Scheduling Call Velocity Sports Performance 630-836-2203
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