



## TOURNAMENT RECOVERY & CONDITIONING

**ELIMINATE NON-CONTACT INJURIES**  
**INCREASE REACTION TIME**

### Mondays

Recover from weekend tournaments with stretching routines designed to combat tournament fatigue

### Wednesdays

1 hour of conditioning to increase speed and reaction time

**BONUS:** 1 hour of **CATCHING** skill work following conditioning (Catchers: Please provide your own gear)

### ADAPT TRAINING

9923 SW Arctic Drive | Beaverton, OR 97005

P: 503.646.8482 | [adapttraining.com](http://adapttraining.com) | [nicole@adapttraining.com](mailto:nicole@adapttraining.com)



## JUNE 14- JULY 28

### Mondays

Recovery Days

**Location:** ADAPT Training

9923 SW Arctic Drive | Beaverton, OR | 97005

Time: 10:30-11:30

### Wednesdays

Conditioning and Catching Skills

**Location:** Valley Catholic High School

4275 SW 148th Ave | Beaverton, OR | 97007

Time: 10:30-12:30

**Cost:** \$115 | **Drop In:** \$15 | **10 Pack:** \$50

**Team Rate (7+):** \$85

Online Registration Available:

[https://tms.ezfacility.com/app/OnlineRegistrations/Register.aspx?](https://tms.ezfacility.com/app/OnlineRegistrations/Register.aspx?CompanyID=699&GroupID=39217)

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### TRAINER: Nicole Illias

Concordia University, College of Idaho :

All Conference, All Region & Golden Glove

Valley Catholic High School:

Player of the Year, All State, All League & Team MVP

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