



**Coach:**  
Adam Concadoro  
**E-mail:**  
[adam@eatrainingllc.com](mailto:adam@eatrainingllc.com)  
**Mobile:**  
1(914) 522-0621  
**Venmo:**  
@Adam-Concadoro

**Coach:**  
Emanuel Giumarra  
**E-mail:**  
[emanuel@eatrainingllc.com](mailto:emanuel@eatrainingllc.com)  
**Mobile:**  
1(914) 602-2664  
**Venmo:**  
@Emanuel-Giumarra-77

**1 Individual Lesson**

**Lesson= 1 Hour**

- Dynamic Warm-Up
- Hitting Progression
- Batting Practice
- Position skill Work (IF & OF)

**Price/lesson= \$130**

**1 individual lesson with \*NEW\* Raspo Hiting 2.0 Technology**

**Lesson= 1 Hour**

- Dynamic Warm-Up
- Hitting Progression
- Batting Practice / Track Your Swing Analytics w/ RAPSODO Hitting 2.0

**Price/lesson= \$175**

**4 week Plan: 1 Individual Lesson/Week**

**Lesson= 1 hour**

- Hitting Progression
- Med Ball Series
- PVC Pipe Series
- Batting Practice
- Position Skill Work (IF & OF)
- 4 Week Work Out Plan / Hitting Drills (+ \$50)

**Total w/o Workout= \$480**

**Total With Workout= \$530**

**4 Week Plan: 1 Individual Lesson/Week/ With \*NEW\* Rapsodo Hiting 2.0 Technology**

**Lesson= 1 Hour**

- Hitting Progression
- Med Ball Series
- PVC Pipe Series
- Batting Practice / Track Your Swing's Analytics w/ Rapsodo Hitting 2.0
- Position skill work (IF & OF)
- 4 Week Work Out Plan / Hitting Drills \*FREE\*

**Total= \$650**

**Rapsodo**  
**CERTIFIED**  
**FACILITY**



