

Who are we?

The Yard Baseball Academy is the Northwest's complete baseball training facility.

Our goal is to help every athlete become the best ball-player they can be mechanically, physically, and mentally.

Our instructors, having competed at the college and professional levels, will give each athlete a complete view of what it takes to advance to the highest level.

We will also give them an in-depth understanding of how the game is played and the preparation needed to perform in any situation.



Academy Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8 - 9 am						
9 - 10						
10 - 11	Privates					
11 - 12	10 - 12					
12 - 1	All Ages Hitting 12 - 1					
1 - 2	High Sch. Pitching 1 - 2:15					
2 - 3						
3 - 4		Privates	Privates	Privates	Privates	Privates
4 - 5		3 - 6	3 - 6	3 - 5	3 - 5	3 - 6
5 - 6				Junior Pitching 5 - 6	Beginning Baseball 5 - 6	
6 - 7		High School Hitting 6 - 7	SPARQ Training 6 - 7	Junior Hitting 6 - 7	SPARQ Training 6 - 7	High School Hitting 6 - 7
7 - 8			High School	Pitching	7 - 8:15	
8 - 9 pm						

Saturday times are available up request for private lessons and team facility rental.

Schedule is in effect for the fall and winter, Oct. 27, 2008 through Feb. 28, 2009

Schedule is subject to change throughout the year.

If you have any questions about the classes or class times, don't hesitate to call The Yard, (503) 701 - 3866.



**Instruction For Ballplayers,
by Ballplayers**

5465 SW Western Ave.
Beaverton, OR 97005
Phone: (503) 701-3866

The Yard Instructors

Chris Pine - Chris played his college ball at Oregon State University from 1995 to 1998. He was a 1st Team Pac-10 selection, as well as 5 time Pac-10 pitcher of the Week. In 1997, Chris was invited to be part of the US Olympic team. After college, he was drafted in the 5th round by the Milwaukee Brewers in the 1998 MLB draft. After a successful recovery from Tommy John surgery, Chris signed with the Los Angeles Angels of Anaheim, where he worked his way up the Triple-A, before a second elbow injury ended his career. Since retiring Chris has spent his time developing young ballplayers, helping them reach their goals.

Brandon Rupp - Brandon began his college baseball career as a starting pitcher for the Mt. Hood Community College Saints during the 2003 - 2004 seasons. After playing for the Saints, Brandon moved on to George Fox University, where he became a 2-Time All-League pitcher for the Bruins in the 2005 and 2006 season. He graduated from George Fox in 2006, with a degree in Business Administration - Marketing. Brandon is now in his third season as pitching coach for the Bruins.

Scott Braun - Scott was a four year starting pitcher at Pacific University from 2001 - 2004. As a senior in 2004 he received All-League honors for his accomplishments. He graduated from Pacific with a degree in Political Science. After college, Scott went on to play three years of independent ball in both the United States and Australia. After retiring, he went on to coach an Under-23 team, which received third place in the Australian National Championships. Now he has returned to the Boxer program and is in his first year as the pitching coach.

Alex Malden - Alex was a cornerback at the University of Oregon from 1991 - 1995. After his senior year Alex received first team All Pac-10 and second team All-American honors. He was the 11th overall pick in the 1996 NFL draft, and pursued a 9 year career playing for the New Orleans Saints, San Diego Chargers, Washington Redskins, and the Detroit Lions. Now, Alex spends his time using his expertise from playing professional football to formulate workouts for athletes who want an edge in their training regimen on the field and in the weight room. His workouts incorporate many dynamic and innovative movements that utilize and increase speed, balance, core strength, body control, agility, and coordination. Alex has a degree in Psychology, as well as an International Sports Science Association Certificate, SPARQ certification, and a Youth Trainer Certificate from the ISSA.

Class Information and Prices

The Yard Classes

High School Pitching (1 hr. 15 min.)

A class designed for pitchers who desire to be the best at the high school level and who strive to play baseball at the college and professional levels. Class curriculum will focus on all aspects of pitching, including mechanics, movement, and off-speed pitches.

4 visits/month	\$249.00
8 visits/month	\$349.00
16 visits/month	\$449.00

One Hour Classes

Beginning Baseball - An introduction to the basics of baseball. Players will develop an understanding of proper mechanics when throwing, hitting, and fielding a baseball.

Junior Pitching - A class geared toward pitchers, ages 12 - 14, who want to develop their pitching skills. Players will learn the basics of pitching mechanics, as well as how to get movement on their pitches and the basics to throwing off-speed pitches.

Hitting - Players will build a greater understanding of what makes a great hitter. Not only will they learn swing mechanics, but players will also learn bat control, how to use the whole field, and how to execute in specific game situations.

4 visits/month	\$199.00
8 visits/month	\$299.00

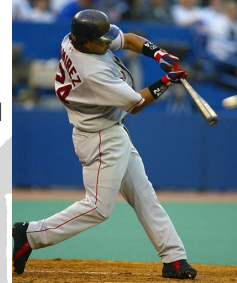
SPARQ Training

Alex will take players through a rigorous training program, developing and strengthening the body to perform at a peak level throughout the season.

4 visits/month	\$100.00
8 visits/month	\$160.00

Visits must be used within the month, visits will not carry over to next month. You must designate visits to specific days and times upon signing up for a class.

Sibling Price - 1/2 off for any of the classes.



Academy Curriculum

Seasonal Training

Our year round schedule is based on seasonal training months, allowing you to training specifically depending on where you are in your baseball season. This preparation will have you ready before, during, and after the season.

Fall - September - October

Off-Season - October - December

Pre-Season - January - February

In-Season - March - May

Summer - June - August

Private/Semi-Private Lessons

Private lessons allow the player(s) to work in a smaller teaching environment. Players are allowed to gear their lessons toward whatever aspects of the game they wish to work on.

1 athlete/instructor

Single Lesson	\$90.00
Pack of 5	\$425.00
Pack of 10	\$750.00

2 athletes/instructor (price per athlete)

Single Lesson	\$70.00
Pack of 5	\$325.00
Pack of 10	\$550.00

3 athletes/instructor (price per athlete)

Single Lesson	\$50.00
Pack of 5	\$225.00
Pack of 10	\$350.00

Sibling Price - Siblings can join in on a lesson for no extra charge.