



FOR IMMEDIATE RELEASE:
Oct. 1, 2023

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****MEDIA ADVISORY****

360 ACADEMIC SPORTS ACADEMY OFF-SEASON TRAINING PROGRAM

WHAT:

360 Training Program is the only program in NY youth sports offering a completely personalized plan in a group setting, making the quality as good as a private lesson at the price of a group session. These labs give 360 student-athletes a personalized strength/conditioning plan that includes but is not limited to: personalized throwing program, mechanical analysis, velocity program and live at-bats.

WHERE:

Prime Baseball Complex
28-14 14th Street
Queens, NY 11102

WHEN:

Wednesday, Nov. 1, 2023

- The hitting labs begin on Nov. 1, taking place every Monday, Wednesday and Friday with two age group sessions.
Age group 10-13 will take place from 5 p.m. to 7:30 p.m.
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Age group 14-17 takes place from 6 p.m to 9 p.m.

Thursday, Nov. 2, 2023

- The pitching lab begins on Nov. 2, taking place every Tuesday and Thursday. Age group 10-13 take place from 4 p.m. to 7 p.m. Age group 14-17 takes place from 6 p.m to 9 p.m.

WHY:

360 provides student-athletes with an off-season training program that consists of hitting and pitching labs. These labs allow 360 student-athletes to develop and improve their skills, so they can succeed when their seasons begin in the spring.

REGISTER:

Spots are extremely limited. Pricing information is available soon.
For more information, please DM us on Instagram,
[@the.360.academy](#), or visit www.360asa.org.

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