



SPORTS TRAINING COMPLEX

Discover Orange County's newest indoor sports training facility. Featuring 26,000 sq/ft. of indoor training space dedicated to helping your athlete achieve their goals for Baseball, softball, and soccer. 13 indoor cages for baseball, softball instruction and training

- 2800 sq/ft turf field for:
 - Soccer Training
 - Futsal Training & Tournaments
 - Baseball/Softball Fielding Clinics
 - Speed and Conditioning Training
- Full Weight Room
 - Monthly Gym Passes & Sport Specific Program Design
- Plyometric Training Area
- Individual and group lessons available (Baseball, Softball, and Soccer)
 - Pitching
 - Hitting
 - Fielding
 - Soccer
- Cage and Field space available for team rental (Baseball, Softball, and Soccer)

Go to www.sportstrainingcomplex.com for more information and pricing