



“AVERAGE” IS EASY!

That’s why it’s so POPULAR!!

WE =BUILD= TOP LEADERS!

STAND-OUT! SOFTBALL & BASEBALL ACADEMY™

=2025 TRAINING PACKAGE APPLICATION=

→ Please answer the questions below to begin creating a **STAND-OUT Training Package**. Training is available **“Indoors Only”** or **“Year-round”**. Once completed, please email or text this Form (a picture is acceptable) to Coach Mike Giammusso: mikeg1227@gmail.com (716-913-9927). Once Approved, Coach Mike will contact you to **schedule a meeting** to review Options & finalize your preferences. Thank you for choosing **STAND-OUT ACADEMY™** for your personal training needs!

Player(s) Name: _____ Age(s) _____
Parent Name(s): _____ Date: _____

Describe Training Needs (Skills) & Goals:

=Indoor Training:
__60 min. (1 Skill)
__90 min. (2 Skills)

→ Please select your preference in each box.

=Frequency (Indoors):
__ Weekly (25 Indoors)
__ Bi-Weekly (14 sessions)

(Indoors: Oct-April)

****Frequency (Outdoors)**
__ Weekly (14 sessions)
__ Bi-Weekly (8 or 10 sessions)

(Outdoors: May-Sep)
**** Outdoors is optional**

