



www.crossthe seams.com



Contact us!



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baseballsoftballtrainingCTS



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Cross The Seams Baseball & Softball

THE FIELD HOUSE  
405 MEMORIAL BLVD  
SPRINGFIELD, TN 37172  
(615) 598-1481

BASEBALL-SOFTBALL  
TRAINING

with

Cross  
The  
Seams



In time, on time,  
every time!  
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## THE SYSTEM

Cross The Seams Training is a spiritual, physical & technical system to help develop & enhance the baseball & softball experience for each & every player, regardless of skill level. The goal is to teach a consistent systematic approach to help each player progress to a higher level. CTS is about the system, not the instructor. We put the focus on each player's personal growth. Our mission is to teach the "why" & not the "why not". CTS expects each player to progress, learning to make the necessary adjustments on their own.

**ON-ON-ONE, GROUP & TEAM TRAINING AVAILABLE!!**

## TRAINING

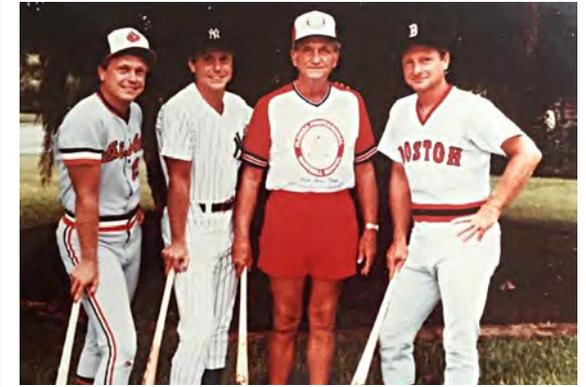
Each week scheduled players/teams will participate in progressive training sessions with a qualified instructor.

All CTS Instructors go through systems training annually to stay current with new and improved methods, programs and curriculum.

During training sessions, hitting, fielding and throwing skills will be taught. Pitching, catching, base running and position play instruction is also available upon request.



## CTS HERITAGE



(Pictured L to R)

Blake Doyle, Orioles|Reds  
Brian Doyle, Yankees  
Jake Doyle, Father  
Denny Doyle, Red Sox



# BASEBALL & SOFTBALL TRAINING

PROSHOP & HOMEWORK APP  
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**CTS LOCATIONS: SPRINGFIELD TN - DBAT BOWLING GREEN KY - CORBIN KY - BENTON KY - WINCHESTER KY**