

RYBA EXCLUSIVE EVENT

Mayo Clinic Sports Medicine is hosting an **Exclusive Event** for all RYBA athletes, coaches and parents.

We have teamed-up with baseball coaches and local legends, Bill Cutshall and Keith Kangas, **AND** EXOS — a leader in baseball performance training, supporting MVPs, World Series champions, Rookies of the Year, and Hall of Famers.

Together we provide you with the area's top notch baseball program!



Do you want too?

- Perfect your pitching and hitting
- Increase your strength and rotational power
- Improve your first step acceleration and lateral agility
- Decrease your injury risk
- Learn the best nutrition for optimal performance
- Maximize your on-field performance

Join us **Monday November 16 from 6:30 pm to 8:30 pm** at Mayo Clinic Sports Medicine – 3rd floor of the Dan Abraham Healthy Living Center for an evening of learning, fun and hands-on experience with our team of experts. **RSVP to jnoiles@teamexos.com.**

Note: Direct participation dependent on the number of event attendees.

HEAR FROM THE EXPERTS YOURSELF! AND DON'T FORGET TO BRING YOUR GLOVE.

For more information about our program offerings, visit sportsmedicine.mayoclinic.org or call **507-266-9100**.
We look forward to seeing you!