



Total Baseball Travel Parent Newsletter

Issue: February

Monthly Agenda

February's Profile: Velocity Improvement Program

- All teams will be practicing from 1-4pm at the main Wixom building for the Sunday, February 4th practice due to it being Superbowl Sunday.
- Please note that the final payment will be due Sunday, March 11th (the last workout for the high school aged teams)
- If you would like a catchers bag, please email Eric with your player's name and the team he plays for by Wednesday, February 7th at 5pm
- Please note our new policy on batting cage tokens of 5 per day for our players.
- As always, know that players have access to tunnels and field space when they are available for free!

We are excited to announce that our popular V.I.P. (Velocity Improvement Program) is getting a face lift. Starting February 6th, this program will focus on not just strengthening our athlete's arms, but rather their entire body.

With the use of medicine balls, jump ropes, agility ladders, sleds, etc., classes will now be tailored to working out all body parts important to gaining velocity—shoulders, core, legs, etc. In addition to focusing on this exercise style format, there will be more focus on the mental side of pitching. Developing a healthy in-game mentality is important, and we wanted to dedicate time toward that as well.

Normally a \$250 class, travel players have been able to get in class for \$200. However, we have an offer for the next 7 people to register. They will be enrolled in the class for just \$125! Take advantage of this one time exclusive offer! Please call and reserve you space ASAP, as these spots will be gone quick!

[Upcoming Classes/Programs in December](#)

To register for these classes, please call 248.668.0166!

<u>Long Toss Program</u> Feb. 5—Mar. 8 Mon. & Thurs. 5:30-6:30pm \$115 for travel player	<u>Swinging with Athletic Training</u> Feb. 5—Mar. 8 Mon. & Thurs. 6:30-7:30pm \$200 for travel player	<u>Velocity Improvement Program</u> Feb. 6—Mar. 10 Tues. 6:30-7:30pm Sat. 10-11:00am \$200 for travel player	<u>Fundamentals of Pitching</u> Feb. 8—Mar. 8 Thurs. 5:30-6:30pm \$100 for travel player
<u>Mid Winter Break Camp</u> Feb. 19—21 9am—1pm \$120 for travel player	<u>Catcher's Club</u> Mar. 3—31 Sat. 1-2:00pm \$110 for travel player	<u>Fielding Club</u> Mar. 5—Apr. 16 Mon. 6:00-7:30pm \$200 for travel player	<u>Advanced Pitching Mentality</u> Mar. 6—Apr. 3 Tues. 7:30-8:30pm \$100 for travel player

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