



Total Baseball Travel Parent Newsletter

Issue: November

Monthly Agenda

- On November 19th at 11am-2pm, we will hold our mandatory *uniform fitting* with the Wilson rep. Please make sure to be in attendance!
- *Demo Day* with Wilson will also by November 19th. They will be bringing in 2018 equipment from Wilson, DeMarrinni, Louisville Slugger and Evoshield.
- November 19th is also the next *payment date*. \$800 can be made online, over the phone or in person
- High School students interested in playing baseball in college should consider the *showcase* put on by PBR on Dec. 16th. Details can be found by visiting <http://www.prepbaserballreport.com/michigan-store/scout-day-a-green-total-sports-12-16-17.html>
- 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!

November's Profile: Total Performance

Part of being a great baseball player is being a great all-around athlete. Total Baseball is proud to offer training options to improve your speed, power, strength and overall athleticism. Our relationship with Total Performance (on the first floor in Total Sports Complex - Wixom) allows us create great training options for you at a reasonable price.

As a member of our Total Baseball travel organization, we want you to take advantage of all the resources available to you, strength & conditioning included.

The two options we encourage you to consider are:

1. Individualized, complete training programs that include speed & agility training, mobility work, and a baseball-specific strength training program. All of these sessions need to be scheduled with a trainer. If you want to improve your speed, agility and power in addition to developing total-body strength, this is the program for you.
2. Customized strength training programs. These programs allow you to stop into Total Performance without an appointment to perform your strength program. The TP coaches will teach you exactly what to do and you'll have a program waiting for you each time you arrive. If you want to get stronger, and want the flexibility of being able to stop in after a lesson (or whenever you want), this is the option for you.

You have about five months before the spring season, and we want you to make serious progress before then. Give Total Performance a call at 248-669-9818, email TP Director Jim Kielbaso at jim@totalsportscomplex.com or stop in to get more details.

Upcoming Classes/Programs in November

To register for these classes, please call 248.668.0166!

Fielding Club
Nov. 6-Dec. 18
Mon. 6-7:30pm
\$200 for travel player

Election Day Camp
Tues. Nov. 7th
9:00am-12:00pm
\$35 for travel player

Long Toss Program
Nov. 16th-Dec. 21st
Mon. & Thurs.
5:30-6:30pm
\$115 for travel player

Catcher's Club
Nov. 18-Dec.16
Sat. 1-2:00pm
\$110 for travel player

Swinging with Athletic Training
Nov. 20-Dec. 21
Mon. & Thurs.
6:30-7:30pm
\$200 for travel player

Velocity Improvement Program
Nov. 21-Dec. 23
Tues. 6:30-7:30pm
Sat. 10-11:00am
\$200 for travel player

Advanced Pitching Mentality
Nov. 21-Dec.19th
Tues. 7:30-8:30pm
\$100 for travel player

Fundamentals of Pitching
Nov. 30-Dec. 28
Thurs. 5:30-6:30pm
\$100 for travel player

totalsportscomplex.com/baseball/

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