

**TOTAL
PERFORMANCE**
Training Center

**TOTAL
BASEBALL**



NEW Velocity Improvement Program (VIP)

Total Baseball has teamed up with our professional Total Performance Staff for the fall and winter of 2018-2019. Join us for the new VIP program at Total Baseball. This program is designed to cover the building, strengthening and overall arm and body care of the youth and high school baseball player. These will be different plans, body weight and agility workouts for youth players and weightlifting for high school players.

Throw harder! Have a healthy arm! Have a plan!

Start Date: October 13th, 2018

Days of the week: Wednesday Nights and Saturday Mornings

Times:

- 6-8 pm Wed (Ages: 9u-12u)
- 7-9 pm Wed (Ages: 13u-18u)
- 9-11 am Sat (Ages: 9u-12u)
- 10 am-12 pm Sat (Ages: 13u-18u)

Cost: \$350 (5 Weeks/ 2 days a week/ 10 Baseball Classes/ 10 Performance Workouts)



Class Description:

First- 1 hour class with Total Baseball's Professional Staff. In this hour we will go through different routines that focus on moving our body explosively and efficiently, plyo ball routines, band routines, mechanical breakdowns (video using Hudl Technique) and arm care.

Second- Grab some water and head down for your 45 minute training session with Total Performance where you will be put through a baseball specific workout.

Grind to Shine!

Session Dates:

2. Oct. 13-Nov. 17 (No Oct. 31)
3. Nov. 21-Dec. 26 (No Nov. 24)

4. Jan. 5-Feb. 6
5. Feb. 9-Mar. 13
6. Mar. 16-Apr. 17

