



Total Baseball Travel Parent Newsletter

Issue: November

Monthly Agenda

- The spirit wear site will be open until Nov. 4th. It will be open for 2 weeks. The option to order another pair of game pants will come through the second and third rounds of the site.
- The Total Sports Shop will be hosting a demo day for 2019 bats on Nov. 8 from 5-8pm. 15% off offered.
- The MANDATORY uniform fitting is set for Sunday, Nov. 18th from 1-4. This will also double as the next payment due date for \$700.
- High School age teams will begin their winter practice the week of December 3rd!
- Please note our batting cage tokens will be 5 tokens for \$5 per day!
- As always, know that players have access to tunnels and field space when they are available for free!

Elite Velo

Total Baseball is proud to introduce a new class this fall: Elite Velo. This class will be ran by current Tampa Bay Rays Pitching Coordinator Charlie Haeger and is aimed toward pitchers serious about gaining velocity. Because of the intended intensity of this class, it is only offered to high schoolers. 10 sessions will include 1 hour with coach Haeger and 1 hour with professional trainers out of our performance center!

Video of the Month

[This video looks at how the stride down the mound can lead to issues with a pitcher's mechanics](#) (Click link to open the video)

**Did You Know?*

Last year, Total Baseball Travel won 7 tournaments and a KVBSA league championship!

Upcoming Classes/Camps

To register for these classes, please call 248.668.0166!

Election Day Camp

November 6
9am-12pm
\$30 for travel player

Elite Velo

Nov. 13-Dec. 18
Tues. & Fri.
6-8 or 7-9 pm
\$450 for travel player

Long Toss Program

Nov.15-Dec20
Mon. & Thurs.
5:30-6:30pm
\$115 for travel player

Fundamentals of Pitching

Nov. 15-Dec. 20
Thurs. 5:30-6:30pm
\$100 for travel player

Fielding Club

Nov. 15-Dec. 20
Mon. 6:00-7:30pm
\$200 for travel player

Swinging with Athletic Training

Oct. 10-Nov. 11
Mon. & Thurs.
7-8pm
\$200 for travel player

Catcher's Club

Nov. 17-Dec. 22
Sat. 1-2:00pm
\$110 for travel player

Velocity Improvement Program

Nov 21-Dec 26
9-18U
Wed & Sat
\$250 for travel player

totalsportscomplex.com/sports/travel-baseball-wixom/

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248.668.0166