

Replay Player Performance

Program Focus Points

- Explosiveness
- Rotational Power
- Arm Strength
- Rotator Cuff Care
- Exit Velo, Throwing Velocity Improvements



Before and After Testing Of:

- Exit Velocity
- Throwing Velocity
- "Strength Standards"

All Sessions
 Coached by
 Certified,
 Experienced
 Coaches

Come train,
 hit, and
 throw a
 bullpen! All
 at the same
 location!

Pricing Info

		2 Sessions/Week (8/Month)	3 Sessions/Week (12/Month)
<u>Member</u>	Monthly	\$110	\$160
	Annual	\$1,050	\$1,500
<u>Non Member</u>	Monthly	\$140	\$205
	Annual	\$1,500	\$2,200

Levels Based Programming
 That Is **SAFE** and **EFFECTIVE**
 for **ALL AGES.**

Player Performance Training

- ➔ Sport-Specific Strength and Conditioning
- ➔ Speed, Agility, & Quickness
- ➔ Foundational Movement Patterns
- ➔ Plyometric Training



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