



Pre-Season Baseball Winter 2008

Highlights:

- 8 sessions of baseball skills and speed, agility and strength training provided by Velocity Sports Performance targeted for baseball athletes – 90 minutes each session.
- Comprehensive, all-inclusive training designed to help each athlete maximize athletic potential in preparation for the upcoming baseball season.
- Increase speed to steal bases and track down fly balls.
- Develop more rotational power to hit the ball harder.
- Gain more foot speed and agility to defend the balls hit up the middle.
- Reduce injury by developing flexibility, stability and proper movement techniques.

Training Summary:

- **Session 1** – Pre-testing completed by our Sports Performance Director, Corey Eckhoff – vertical jump, broad jump, agility drill, three-cone drill, and 10, 20, and 40 yard dash as well as baseball skill evaluation.
- **Sessions 2-8**
 1. 20 minutes of active, dynamic warm-up that will increase performance and reduce injuries.
 2. 60 minutes of baseball skills work; throwing, fielding, hitting drills etc...
 3. 10 minutes of strength training and energy systems development. This will focus on baseball specific movements that enhance core strength, stabilization strength in the shoulder and hip complex and whole body power to increase bat speed and throwing velocity.

Cost:

- \$199 per athlete that includes:
 1. 8 training sessions with a Velocity Sports Performance Coach
 2. Pre and post testing with Corey Eckhoff
 3. Velocity Sports Performance tee-shirt

Notes:

- Minimum class size is 10 athletes.
- Payment is due by December 31st
Training days: **January 26th, February 2nd, 9th, 16th & 23rd, March 1st, 8th & 15th.**
- Training times 9:00am – 10:30pm for **ages 8 – 11**; 10:30pm – 12:00pm for **ages 12 – 16**.

Contact **Darin Nelson** at 763-390-6624 or dnelson@velocitysp.com

Or

Zach Seraphine at 763-390-6625 or zseraphine@velocitysp.com to register!