

# 2018-2019



**50 TOTAL HOURS OF TRAINING** will include  
**25 hours of pitching and 25 hours of baseball**  
**specific conditioning and strength training!**

**Program Directors – Thomas Atlee**

*Pitching program will include:*

- Mechanics • Strike Zone Management • Pitching Efficiency • Situational Pitching
- Video evaluation (initial, midway and final)
- Grading sheet (professional written evaluation...used by pro scouts)

*Conditioning program will cover:*

- Pre-hab (Preventative conditioning & Shoulder maintenance) • Joint Integrity
- Weight & Resistance Training Program • Core Training • Cardiovascular Training • Nutritional Program

**Mondays**

November 12, 19, 26  
 December 3, 10, 17  
 January 7, 14, 21, 28  
 February 4, 11, 25

**Fridays**

November 16, 30  
 December 7, 14  
 January 4, 11, 18, 25  
 February 1, 8, 15, 22

**Tuesdays**

November 13, 20, 27  
 December 4, 11, 18  
 January 8, 15, 22, 29  
 February 5, 12, 19, 26

**Saturdays**

November 17  
 December 1, 8, 15  
 January 5, 12, 19, 26  
 February 2, 9, 23

**Wednesday**

November 14, 21, 28  
 December 5, 12, 19  
 January 9, 16, 23, 30  
 February 6, 13, 20, 27

**Sunday**

November 18  
 December 2, 9, 16  
 January 6, 13, 20, 27  
 February 3, 10, 24



*COST per Player \$1995.00 (If you wish to be on a 3 payment plan, there will be a \$55.00 administrative fee added to your 1st payment. The 1st payment of \$1050.00 is due on or before 10/25/18, the 2nd payment of \$500.00 is due on or before 12/5/18 and the final payment of \$500.00 is due on or before 1/5/19.)*

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