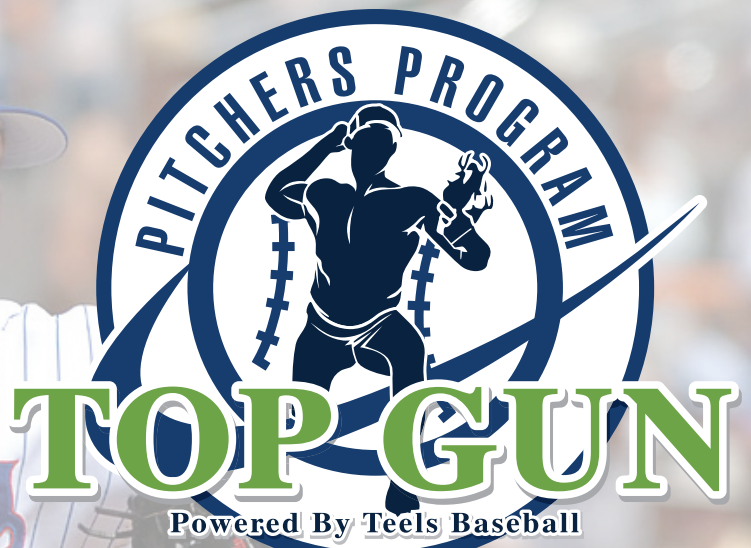


2021-2022



PROGRAMMING INFORMATION

The Top Gun Pitching Program is a data and science driven, membership based program designed to offer all necessary pitching related training to all Teels Pitchers. Top Gun Creator, Tom Atlee, is active in research on performance enhancement, velocity building and injury prevention with several Major League Baseball medical personnel and coaches. This research is behind all training programs used by the highest level pitchers in the game, and is used in the design, structure and execution of The Top Gun Program that is being offered to you.

MEMBERSHIP BENEFITS:

Through your membership in the Top Gun Program you will receive assessments of both your pitching and your physical strengths and limitations during the course of the program. These assessments will be used by our staff to design your individualized program as well as to make adjustments during the course of your membership. Your program will follow proper periodization methods; placing health as the top priority and the catalyst for sustainable improvements in velocity and performance.

Top Gun Pitching - Focal Points

- Arm Care • Proper Stretching and active warm-up routine • Exercises targeting your Rotator Cuff, Scap, Thoracic Spine, Lats, Flexor Pronator Mass, etc
- Mechanics • Video Analysis Based On Biomechanics • Med Ball Routines Targeting Kinetic Chain
 - Drills To Teach You To Use Your Body For Power And To Better Support Your Arm
- Performance Enhancement • Velocity Training Through Med Ball Routines, Long Toss, Pull Downs, Mound Buildups
 - Use Of Rapsodo (www.rapsodo.com/baseball) For Pitch Shaping Through Analysis Of Horizontal And Vertical Break, Spin Efficiency, Spin Axis, Release Point Data, etc
- Pitching Efficiency • Mound Routines Focusing On Mental Approach, In Game Strategies, Reading Hitters, Situational Pitching, Making Simple Adjustments, Game Management, etc

Teels Performance Center - Focal Points

- Strength • Age/Skill Appropriate Routines To Develop More Power Through Gains In Muscle Mass
- Flexibility • Improved Joint Integrity Allowing The Joints To Move More Efficiently
- Mobility • Improving The Overall Movement Of Your Body To Facilitate Improved Power And Athleticism
- Nutrition • Guidance On Proper Meal Planning To Fuel Your Gains and Optimize Performance