

Level 1 & Varsity Class Descriptions: included FREE w/ Varsity Elite

TPC offers our level 1 training classes as an included part of this membership. The same staff and training methods that have helped to develop many of the area's top players is now available to you through our Elite program. Develop your players skills with ongoing training in all skills and disciplines within the game.

Pitching - Develop consistency and velocity while promoting arm health and safety with our pitching classes. Work mechanics, command, off speed, velocity building and much more. Flat Ground, mound, shadow and band work are included.

Hitting—Develop your individual swing with our expert staff. Work on setup, balance, posture, bat path, pitch recognition and much more. Tee work, soft toss, front toss, shadow drills included.

Catching—Catchers will work on set up, receiving, pitch calling, blocking and throwing. Often paired with a pitching class, Elite catchers will often have the chance to practice test their skills periodically catching live pitchers. Catchers participating are required to bring their own gear.

Speed/Power/Agility—Baseball is an explosive , lateral and rotational sport. The speed/agility class is focused on improving player foot speed, quickness, linear, lateral and rotational power as well as joint stability and injury prevention exercises.

Conditioning—Fundamental conditioning is more than running poles and doing so elastic cords. Our conditioning classes address the basic fitness needs of our high school students. From basic mobility/flexibility, to body weight strength exercises, this level 1 conditioning class will get you into the cardio vascular shape you need to maintain peak performance and recovery.

Weight Lifting—Weight training is a must for baseball players in all positions once in high school. While a weight room may be available to your player elsewhere, the knowledge, technique and lifting needs of your player are likely not addressed without expert, baseball specific trainers. Our level 1 weight training classes will teach the player what to lift, when to lift and how to lift, keeping him/her healthy and peak performing.



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925-416-1600

www.ThePitchingCenter.com

www.TPCBaseball.com

VARSITY

ELITE



**EXCLUSIVELY FOR HIGH SCHOOL
AGE PLAYERS**



Membership Options

TPC Classic Membership:

Join the classic membership to gain access to great TPC benefits.

\$10 Off level 1 & EV training classes

\$5—\$25 Off private lessons

\$15 drop in facility use

\$3 Off Saturday Batting Cage Slots

Special Invitation to classic member exclusive events.



Elite Memberships:

This membership is quite honestly unbeatable. With the 2 top indoor facilities in the area and a training staff that is second to none, the Elite Membership will give your player the facilities, training and opportunity to become the best player he or she can be. Best of all, it comes at an unbelievably low price! Become an Elite Member and customize a program that fits your needs and budget.

Level 1 skills training classes. Drop in training classes with TPC instructors on the skills you want, when you want and as often as you want!!!

20%—60% off all Level 2 and Level 3 training classes, clinics, leagues, camps & private sessions.

Free “Drop In” tunnel use during open hours not occupied with scheduled training or events. Call ahead for availability.

Discounted facility rental rates.

Priority registration for all TPC advanced programs.

Free “How To . . .” clinics for members.

Special Invitation to member exclusive events.

Discounts on services with select TPC affiliates.

New member benefits will continue to be added.

Membership Fees

TPC Classic Membership Fees:

Single Player: \$19/mo*

Varsity Elite Membership Fees:

	Annual	Mo. To Mo.	Annual Full
Initiation Fee:	\$49	\$49	\$0

TPC Varsity Elite: access to all Varsity Elite benefits available at TPC

Single Player	\$185/mo*	\$245/mo	\$2095
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The Varsity elite membership is for players ages 15 & Up. In addition to all of the regular elite benefits, the Varsity includes:

- Elite Varsity Weight Lifting Classes
- Elite Varsity Exclusive Pitching Classes
- Elite Varsity Exclusive Hitting Classes
- Access to weight room during Varsity elite Hours

Additional special benefits for Varsity Elite Members coming soon!

Initiation fee is a 1 time cost that will not recur as long as the membership remains active.

Month to month - Cancel at any time with 30 day notice per membership agreement.

Annual membership requires a 12 month minimum commitment. Early termination fee applies if cancelled with fewer than 12 months completed.

Annual full - 12 months pre paid.

*Month to month and Annual memberships require credit card monthly auto debit agreement. Payments are automatically debited each month until written notice to cancel is submitted.

***Family membership is up to 4 children living at the same address.



TPC Training

Level 1 Training Classes

These classes are included free with the Elite membership. Members may “drop in” attend any level 1 class for his/her age group. Level 1 classes are designed to focus on fundamental skills development through structured drill work with TPC professional training.

Classic Members: \$35/class Elite Members: Free

Specialty Training Classes

These classes are designed for progressive skills development. Typically 7—11 classes in length, level 2 classes have limited availability with maximum 4:1 student/trainer ratio. Level 2 classes include regular video analysis and follow a season based curriculum for maximized results.

Classic Members: list price Elite Members: 30—50% OFF

Varsity Elite Training Classes

These classes require a designed specifically for the high school age player who is looking to advance his/her game. With a blend of strength/fitness training together with advanced level skills training in pitching and hitting, the Varsity Elite classes will help players reach their peak potential.

Classic Members: list price Varsity Elite Members: FREE

Private/Semi-Private Lessons

Private training is intended for initial evaluation for new students and periodic in depth skill analysis for current members. Add a private training session with a TPC trainer when needed to supplement your training program. Sessions are 30* or 50 min and include complete video analysis with online viewing access.

New Student evaluation: \$50—\$125

Additional Private Lessons

Classic Members: list price Elite Members: 30—50% off

**30 min private lessons are only available to Elite Members*