

Power Hitting

High School Ages

Spring 2019

HitTrax

TPC
TOTAL PLAYER CENTER

When Sundays at 12:30pm or Thursdays at 7:00pm
Feb 10 - Apr 11 (OFF 3/31 & 4/4)

Where TPC Pleasanton
7073 Commerce Circle
Pleasanton, CA 94588
925.416.1600
The pitching center.com



Class Description

- 50 min session 1x per week
- 8 Total Sessions
- Dynamic Warm-up
- Dry Swings
- Power Swing Drill
- Hitting Specific Strength Workout
- Tee Station Drills
- Front Toss, Soft Toss, Live BP
- HitTrax Swing Performance
- Video Swing Analysis



Expected Outcomes

- Optimized Individual stance & setup
- Increased bat speed
- Improved barrel path management
- Increased ball exit velocity
- Increased lower half force production
- Improved hip mobility
- Improved torso/shoulder mobility
- Increased grip strength
- Improved pitch path vision/recognition
- Improved overall strength
- Improved Hit Planning ability

Cost TPC Classic Member - \$288 (\$36/class*)
TPC Elite Member - \$160 (\$20/class*)

Program requires a minimum of the Classic membership active throughout the duration. Rates above are based on registration for the complete program. Late prorated start incurs a \$5/class rate increase.