

# Jr Power Hitting

Ages 11 - 14

Spring 2019

HitTrax™

TPC   
TOTAL PLAYER CENTER

**When** Sundays at 11:30am or Tuesdays at 7:00pm  
Feb 24 - May 19 (OFF 3/31, 4/2, 4/21)

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



**Class Description**

- 50 min session 1x per week
- 11 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 - \$330 (\$30/class\*)  
TPC Elite Member - \$220 (\$20/class\*)

Program fee may be divided into 2 payments. 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.