

# Jr Power Throwing

Ages 11-14  
Spring 2019



**When** Mon@ 7pm or Thu @ 7pm  
Feb 25 - May 16 (OFF 4/1, 4/4)

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



**Class Description**

- 50 min sessions
- 1x/week – 11 classes
- TPC Certified Instructors
- Dynamic Warm-up
- Overload/Under load throwing programs
- Intensity management drills
- Intensity Throwing & Tempo Workout
- Base strength building – *New Full Weight Room*
- Throwing mechanics analysis and adjustment
- Plyometrics, yoga, medicine ball training

**Expected Outcomes**

- Beneficial for all positions (P, C, IF, OF)
- Improved base strength and stamina
- Improved ballistic strength and acceleration
- Improved ranges of motion within the delivery
- Increase in average and peak velocities (average increase = 4.9mph)
- Increased vertical and lateral force production
- Increased mechanical efficiency for stress reduction & performance

**Cost**

1 Class/Week

Classic Member: \$45/Class - \$495 Total\*  
TPC Elite Member: \$27/Class - \$297 Total\*

Program can be paid for in (3) payments. 1 deposit and 2 monthly auto-debits each month. Payment schedule will include an additional transaction fee. Deposit applies as first month payment. Monthly payments are scheduled automatic charges to the credit card used to make the online deposit. The price listed includes a 10% discount for full 11 class session registration. Your current membership status will automatically apply during the checkout process. You will be given the opportunity to purchase a membership or upgrade your current membership.