

# Power Throwing™

High School Ages 14 - 18  
Spring 2019



## When

Sun 12:30pm  
8 Weeks: Mar 24 – May 19 (Off 3/31)

## Where

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

## Class Description



- 50 min session per active week
- Attend 8 Total Classes (Supplement w/ lifting & pitching classes)
- TPC Power Throwing Certified Instructors
- Personal Strength/Fitness/Mobility assessment
- Personal mechanical review
- Custom module based weekly program (lifting/fitness & throwing)
- Intensity Throwing, mechanics development through drill systems
- Weight training & base strength building – Full Weight Room
- ***Each student will get a program revision each week based on current needs. The program can be executed at TPC during classes or on your own. This program is designed specifically to address personal needs during the demands of the season. Additional drop in classes are FREE for Varsity Elite members and are \$25-\$39 each for classic members.***

## Expected Outcomes

- Beneficial for all positions (P, C, IF, OF)
- Identification of custom tempo to improve kinetic sequencing
- Improved base strength and stamina
- Improved ballistic strength and acceleration
- Improved ranges of motion within the delivery
- Acute ability to adjust throwing intensity
- Increase in average and peak velocities (average increase = 4.9mph)
- Increased vertical and lateral force production
- Increased mechanical efficiency for stress reduction and performance

Power Throwing has helped nearly 600 of the areas players gain an average of 5 mph over the course of each session.

## Cost

Classic Member - \$49/class (\$392 Total)  
Elite Member - \$34/class (\$272 Total) **SAVE \$120**

Program can be paid in full or in (2) payments. 1 deposit and 1 monthly auto-debit. Deposit is non-refundable. Monthly payments are scheduled automatic charges to the credit card used to make the online deposit. Charges are made on the 1<sup>st</sup> of each month of the program and are set to terminate the final month of the program. The prorated cost per class is an additional \$5 for students joining for less than the full 8 week session.

