

HS Summer Power

High School Ages (14 – 18)
Summer 2019



When Mon, Wed, Fri 10:30 AM – 12 Noon
Jun 10 – Aug 9

Where TPC 7073 Commerce Circle, Pleasanton CA 94588
925.416.1600 Thepitchingcenter.com

Class Description

- 27 classes (90 min each)
- TPC Power Throwing Certified Instructors
- Integrated Dynamic Warmup
- Mobility/Stability/Flexibility
- Resistance Band work
- Recovery Throwing routines
- Weight training & base strength building – *Full Weight Room*
- Plyometrics, yoga, medicine ball training
- Fully customized weight training program
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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
- Acute ability to adjust throwing intensity
- Increased vertical and lateral force production
- Increased mechanical efficiency for stress reduction and performance
- Reduced and more efficient recovery time

Cost

TPC Classic Member - \$567 (\$21/class*)
TPC Elite Member - \$337.50 (\$12.50/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.