

# Power Throwing™

High School Ages  
Fall/Winter 2019



**When** Mon-Thu 8:00pm, Sun 11:30am (Attend any 2 classes perweek)  
11 Week Sep 10 – Nov 22 (off 10/31)  
19 Week Sep 10 – Jan 31 (off 10/31, 11/27-28, 12/22-26, 12/31-1/1)

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



## Class Description

- Two 1.5 hour sessions per active week
- 22 Total Sessions for the 11 Week, 38 for the 19 Week
- TPC Power Throwing Certified Instructors
- Dynamic Warm-up
- Custom mechanical review and development
- Overload/Under load throwing programs
- Intensity Throwing & Tempo Workout
- Weight training & base strength building – *New Full Weight Room*
- Plyometrics, yoga, medicine ball training, resistance band training

## 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 500 of the areas players gain an average of 5 mph over the course of each session.

## Cost

11 Week Classic Member - \$990 (Deposit - \$195, \$265/mo x 3)  
11 Week Elite Member - \$665 (Deposit - \$195, \$157/mo x3)  
19 Week Classic Member - \$1520 (Deposit - \$195, \$265/mo x5)  
19 Week Elite Member - \$962 (Deposit - \$195, \$154/mo x5)  
Program can be paid in full or in (3 or 5) payments. 1 deposit (\$195) and 3-5 monthly auto-debits. 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.