

# Power Throwing™

High School Ages  
WINTER 2019/20



**When** Mon-Thu 8:00pm, Sun 11:30am (Attend any 2 classes per week)  
9 Weeks: Nov 24 - Jan 30 (OFF: Nov 27/28, Dec 22-26,31, Jan 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
- Attend 18 Total Classes
- 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 – *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** Classic Member - \$49/class (\$882 Total)  
Elite Member - \$34/class (\$630 Total) **SAVE \$252**

Program can be paid in full or in (3) payments. 1 deposit and 2 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 1st 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 18 class session.