

Power Hitting

High School Ages

Winter 2019/20

HitTrax™

**TPC**
TOTAL PLAYER CENTER

When Sundays at 12:30pm or Thursdays at 7:00pm
Nov 21 - Jan 30 (Off Nov 28, Dec 22, 26, 29, Jan 2)

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

**AXE**
REVOLUTIONARY BATS

Class Description

- 50 min session 1x per week
- 8 Total Sessions
- Dynamic Warm-up
- Dry Swings
- Power Swing Drill
- Hitting Specific Strength Workout
- Tee Station Drills
- Front Toss, Soft Toss, Live BP
- HitTrax Swing Performance
- Video Swing Analysis

**POWER HITTING**

Expected Outcomes

- Optimized Individual stance & setup
- Increased bat speed
- Improved barrel path management
- Increased ball exit velocity
- Increased lower half force production
- Improved hip mobility
- Improved torso/shoulder mobility
- Increased grip strength
- Improved pitch path vision/recognition
- Improved overall strength
- Improved Hit Planning ability

Cost TPC Classic Member - \$288 (\$36/class*)
TPC Elite Member - \$160 (\$20/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.