

Jr Power Hitting

Ages 11 - 14

Winter 2019/20

HitTrax

TPC 
TOTAL PLAYER CENTER

When Sundays at 11:30am or Tuesdays at 7:00pm
Dec 1 - Feb 25 (Off Dec 22, 24, 29, 31)

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



Class Description

- 50 min session 1x per week
- 11 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



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 - \$396 (\$36/class*)
TPC Elite Member - \$220 (\$20/class*)

Program fee may be divided into 2 payments. 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.