

Jr Power Throwing

Ages 11-14

Winter 2019/20



When Mon@ 7pm or Thu @ 7pm
Dec 2 - Feb 27 (OFF Dec 23, 26, 30, Jan 2)

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



Class Description

- 50 min sessions
- 1x/week – 11 classes
- TPC Certified Instructors
- Dynamic Warm-up
- Overload/Under load throwing programs
- Intensity management drills
- Intensity Throwing & Tempo Workout
- Base strength building – New Full Weight Room
- Throwing mechanics analysis and adjustment
- Plyometrics, yoga, medicine ball training

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
- Increase in average and peak velocities (average increase = 4.9mph)
- Increased vertical and lateral force production
- Increased mechanical efficiency for stress reduction & performance

Cost

1 Class/Week

Classic Member: \$45/Class - \$495 Total*
TPC Elite Member: \$27/Class - \$297 Total*

Program can be paid for in (3) payments. 1 deposit and 2 monthly auto-debits each month. Payment schedule will include an additional transaction fee. Deposit applies as first month payment. Monthly payments are scheduled automatic charges to the credit card used to make the online deposit. The price listed includes a 10% discount for full 11 class session registration. Your current membership status will automatically apply during the checkout process. You will be given the opportunity to purchase a membership or upgrade your current membership.