

# HS Power

High School Ages (14 – 18)  
Summer 2020



**When** **Classes w/ Trainer** - Mon and Fri 11:00 AM – 1pm  
**Open hours** - Wed 9:30am - 11:30am\*, Sat 10am - 1pm  
*\*additional open hrs for Varsity Elite members*  
*Start your 6 week program anytime. Current class schedule runs Jul 1 - Aug 15.*  
*Fall classes w/trainer will move to evenings.*

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

## Class Description

- Customized 6 week training program
  - Individual mechanics video analysis
  - Individual strength/movement assessment
  - Intro to program drills/exercises (new students)
  - Mobility/Stability/Flexibility
  - Resistance Band work
  - Recovery Throwing routines
  - Weight training & base strength building – *Full Weight Room*
  - Program can be executed in class, during open facility hours and/or on your own. Trainers present during scheduled class time.
- Check out Power Throwing on Instagram with this QR Code...



## 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
- Acute ability to adjust throwing intensity
- Increased vertical and lateral force production
- Increased mechanical efficiency for stress reduction and performance
- Reduced and more efficient recovery time

## Cost

TPC Classic Member - \$495 / \$595\*\*  
TPC Elite Member - \$349 / \$449\*\*

Program requires a minimum of the Classic membership active throughout the duration of the program. Rates above are based on registration for the complete program.

\*\*1st Time Power Students: Includes private throwing assessment & private strength/movement assessment used to create your custom plan.