

HS Power Hitting

High School Ages (14 – 18)

2021



When

Classes w/ Trainer - Tue & Thu 8:30pm - 9:30pm
**additional open hrs for Varsity Elite members
Start your 6 week program anytime.*

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)
- Program delivered through True Coach training App
- Classes led by TPC Power Hitting Certified Instructors
- Integrated Dynamic Warm up
- Mobility/Stability/Flexibility
- RMT Club training
- Axe weighted bat system training
- Weight training & base strength building – *Full Weight Room*
- Ply-metrics, yoga, medicine ball training
- Program can be executed in class, during open facility hours and/or on your own. Trainers present during scheduled class time.



Expected Outcomes

- Become a better overall hitter
- Increased bat speed
- Increased exit velocity
- Increased contact efficiency
- Improved base strength and stamina
- Improved ballistic strength and acceleration
- Improved ranges of motion
- Increased vertical, lateral and rotational force production
- 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 swing assessment & private strength/movement assessment used to create your custom plan.