



“An All-Inclusive, Comprehensive and Specifically Designed baseball training approach for the truly dedicated player”

Data-Driven Results and Training Focus

October 2020 through March 2021

BENEFITS:

- All- Inclusive Development
 - *Hitting/Defense/Pitching/Catching/Strength/Speed/Velocity*
- Mechanical, Tactical, Physical and Mental Training
- Data-Driven Development
- Velocity Program Included
- Unmatched Accessibility to the Pro X staff and Facility
- Group Accountability
- Planned Progression Throughout the Entire Year
- Competitive Environment
- Live Reps
- Access to Drill/Training Database
- Use of TrainHeroic Training App
 - *Individually Customized Training Plan in a Group Environment*

WINTER ACADEMY DETAILS:

TIMELINE

OCTOBER

- Athlete Assessment with Dr. Gordon
- Position Specific Evaluation
- Data Gathering/ Baseline testing
 - Rapsodo, Blast Motion, K-Motion, Performance Metrics

NOVEMBER

- Training Commences
- Pitching Focus- Mechanical Foundation
- Physical Training and Velocity Focus- Strength Building Phase
- Hitting Focus- Drill Work and Mechanical Adjustments
- Defensive Focus- Mechanical with Limited Throwing

DECEMBER

- Pitching Focus- Use of Lower Body and Initiation of Throwing Progression
- Physical Training and Velocity Focus- Power Phase and Position-Specific Initiation of Throwing Progression
- Hitting Focus- Continued Mechanical Work and Initiation of Pitch Recognition
- Defensive Focus- Mechanical Improvement and Position-Specific Development

JANUARY

- Data Re-Testing
 - Rapsodo, Blast Motion, K-Motion, Performance Metrics
- Pitching Focus- Pitch Design, PFP/Pickoffs/Holding Runners
- Physical Training and Velocity Focus- Continued Power Phase and Initiation of Power Throwing
- Hitting Focus- At-Bat Approach, In-Game Situational Hitting
- Defensive Focus- Continued Position-Specific Development
- **Begin In-Game Simulations w/ Machine: Live At-Bats, Live Defensive Reps, Live Baserunning Reps**

FEBRUARY

- Pitching Focus- Pitch Design and Increased Pitch Count- Begin Live Competitive Pitching
- Physical Training and Velocity Focus- Maximize Throwing/Hitting Power
- Hitting Focus- High Reps and Incorporate Prior Development into Game Setting
- Defensive Focus- Continued Position-Specific Development with Focus on Live Reps
- **Begin Live In-Game Reps: Live Pitching Reps, Live Hitting Reps, Live Defensive Reps, Live Baserunning Reps**

MARCH

- Data Post-Testing
 - Rapsodo, Blast Motion, K-Motion, Performance Metrics
- Pitching Focus- Season Prep
- Physical Training and Velocity Focus- Recovery and Arm Care
- Hitting Focus- High Reps and Final Season Prep
- Defensive Focus- Final Season Prep
- **Continued Live In-Game Reps: Live Pitching Reps, Live Hitting Reps, Live Defensive Reps, Live Baserunning**

**** GO DOMINATE****

ACADEMY SESSIONS

- Academy Exclusive Sessions
- Flexible Training Content
- Pro X Staff Oversight on ALL Stations
 - Hitting, Defensive, Pitching, Catching, etc.
- Athlete Determines Daily Training Regiment with Guidance from Staff

SCHEDULE

OCTOBER- Individual Scheduling for All Assessments/ Evaluations

NOVEMBER – MARCH

- Weekly Academy Classes
- Velocity- November and December (Off-Season)
- Velocity- January thru March
- Speed and Agility Classes

COST

MARKET VALUE:

Diamond Sports Membership	\$199.95
Sports Performance Membership	\$649.95
Velocity Program	\$799.99
Classes (3x week for 5 months)	\$1,800.00
Athlete Assessment	<u>\$65.00</u>
Total Market Value	<u>\$3,514.89</u> or \$702.98/month

ACADEMY COST:

Individual	\$399/month	5-month commitment
Family	\$650/month	5-month commitment