



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

Data-Driven Results and Training Focus

7th Grade thru High School

(Coming Soon: 3rd grade thru 6th grade - starts in January)

October 2021 through March 2022

BENEFITS:

- All- Inclusive Development
 - *Hitting/Defense/Pitching/Strength/Speed/Velocity*
- Mechanical, Tactical, Physical and Mental Training
- Data-Driven Development
- Velocity Program Included
- (9) 1-on-1 private lessons
- 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
- Academy Class Start Monday November 1st.
 - Mondays: Hitting Class 6:00-7:00pm
 - Tuesdays: Defensive Class 6:00-7:00pm
 - Thursdays: Hitting Class 6:00-7:00pm
 - No Throwing in November
 - NO classes November 24th and 25th
- Baseball Performance Training (strength and velo training)
 - Weekdays- Mon thru Thurs
 - Saturdays 9:00am
- Speed and Agility Classes
 - Days and times during the week; TBA

DECEMBER

- Academy Class
 - Mondays: Hitting Class 6:00-7:00pm
 - Tuesdays: Defensive Class: 6:00-7:00pm
 - Thursdays: Hitting Class: 6:00-7:00pm
 - December 16th will be the last day that class will meet for 2021. Students will be off from December 16th – January 2nd All students will be given a throwing and workout program for the 2-week break.
- Baseball Performance Training (strength and velo training)
 - Weekdays- Mon thru Thurs
 - Saturdays 9:00am
- Speed and Agility Classes
 - Days and times during the week; TBA

JANUARY

- Academy Classes will resume on Monday January 3rd.
 - Mondays: Hitting Class 6:00-7:00pm
 - Tuesdays: Defensive / Live BP/ Baserunning: 6:00-7:00pm
 - Thursdays: Pitching Class: 5:00-6:00pm
 - Thursdays: Hitting Class: 6:00-7:00pm
- **Begin In-Game Simulations w/ Machine: Live At-Bats, Live Defensive Reps, Live Baserunning Reps**
- Each student will receive 2 private 30 min lessons during January. Each Student is responsible for booking their own private lessons online.
- Baseball Performance Training (strength and velo training)
 - Weekdays- Mon thru Thurs
 - Saturdays 9:00am
- Speed and Agility Classes
 - Days and times during the week; TBA

FEBRUARY

- Live games will begin in February.
- Academy Classes will resume on Monday January 3rd.
 - Mondays: Hitting Class 6:00-7:00pm
 - Tuesdays: Live Games: 7:00-9:00pm
 - Thursdays: Pitching Class: 5:00-6:00pm
 - Thursdays: Hitting Class: 6:00-7:00pm
- Each student will receive 3 private 30 min lessons during January.
- Baseball Performance Training (strength and velo training)
 - Weekdays- Mon thru Thurs
 - Saturdays 9:00am
- Speed and Agility Classes
 - Days and times during the week; TBA

MARCH

- Data Post-Testing
 - Rapsodo, Blast Motion, K-Motion, Performance Metrics
- Last training session for the Academy will be on Tuesday March 8th.
- There will be no classes in March
- Live games will be on Tuesday March 1st and Tuesday March 8th.
- Each student will receive 4 private 30 min lessons during March.
- Baseball Performance Training (strength and velo training)
 - Weekdays- Mon thru Thurs
 - Saturdays 9:00am
- Speed and Agility Classes
 - Days and times during the week; TBA

**** GO DOMINATE****

COST

ACADEMY COST:

Individual: \$299/month 5-month commitment

Family: \$450/month 5-month commitment

Individual paid In-Full: \$1,495.00

Family paid In-Full: \$2,250.00