



*Designed for 7<sup>th</sup> graders thru High School athletes*

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

Data-Driven Results and Training Focus

Develop proper throwing mechanics, proper velocity training and pitching command while reducing the risk of injury.

Learn from our professional staff:

Pro X Athlete has certified strength coaches, certified pitching coaches, athletic trainers, and physical therapist in-house who have collaboratively designed the entire program.

Dr. Jamey Gordon; DPT, PT, ATC, CSCS

Nick Chandler; PT, DPT, CSCS

Jay Lehr; Certified Performance Pitching Analyst

*“Jay Lehr is one of the reasons I have had a 10-year career in the MLB. I have been with him since I was 12 years old. To this day he still puts together my off-season and in-season workouts and throwing programs.”*

- Lance Lynn, 2021 MLB All-Star and current Chicago White Sox starter.

*\*Pitching / Velocity / Strength / Speed / Agility\**

## **BENEFITS OF THE ELITE PITCHING ACADEMY:**

- All- Inclusive Pitching Development
  - *Pitching /Strength/Speed/Velocity*
- Mechanical, Tactical, Physical and Mental Training
- Data-Driven Development
- **Velocity Program Included!**
- Unmatched Accessibility to the Pro X staff and Facility
- (9) 1-on-1 private lessons
- **Live At-Bats/ Game Ready Live Reps included**
- Group Accountability
- Planned Progression Throughout the Entire Year
- Competitive Environment
- Access to Drill/Training Database
- Use of TrainHeroic Training App
  - *Individually Customized Training Plan in a Group Environment*

## **ACADEMY SESSIONS**

- Academy Exclusive Sessions
- Flexible Training Content
- Pro X Staff Oversight on ALL Classes

## **SCHEDULE**

OCTOBER- Individual Scheduling for All Assessments/ Evaluations

NOVEMBER

- Academy Classes start on Monday November 1st.
  - Meet up to 3 times per week. Athletes can attend all 3 sessions if they choose too.
  - Monday, Tuesday, and Wednesday
  - 6:00-7:00pm
  - No Throwing in November
- Baseball Performance Training (strength and velocity training)
  - Days and times during the week; TBA
  - Saturdays 9:00am
- Speed and Agility Classes
  - Days and times during the week; TBA

## DECEMBER

- Academy Class
  - Meet up to 3 times per week. Athletes can attend all 3 sessions if they choose too.
  - Monday, Tuesday, and Wednesday
  - 6:00-7:00pm
  - December 15<sup>th</sup> will be the last day that class will meet for 2021. Athletes will be off from December 15<sup>th</sup> – January 2<sup>nd</sup> All athletes will be given a throwing and workout program for the 2-week break.
- Baseball Performance Training (strength and velocity training)
  - Days and times during the week; TBA
  - Saturdays 9:00am
- Speed and Agility Classes
  - Days and times during the week; TBA

## JANUARY

- Academy Classes will resume on Monday January 3<sup>rd</sup>.
  - Meet 2 times per week.
  - Tuesday, and Wednesday
  - 6:00-7:00pm
- Bullpens Sessions will begin in January.
- Each student will receive (2) Private 30-minute lessons during January. Each athlete is responsible for booking their own private lessons online.
- Baseball Performance Training (strength and velocity training)
  - Days and times during the week; TBA
  - Saturdays 9:00am
- Speed and Agility Classes
  - Days and times during the week; TBA

## FEBRUARY

- Live games will begin in February.
- Academy Class will meet one day per week and Live games one day per week.
  - Class will be on Thursday 7:00-8:00pm
- Live Games will be on Tuesdays 7:00-9:00pm
- Each student will receive (3) Private 30-minute lessons during January.
- Baseball Performance Training (strength and velocity training)
  - Days and times during the week; TBA
  - Saturdays 9:00am
- Speed and Agility Classes
  - Days and times during the week; TBA

## MARCH

- Last training session for the Academy will be on Tuesday March 8<sup>th</sup>.
- There will be no classes in March
- Live games will be on Tuesday March 1<sup>st</sup> and Tuesday March 8<sup>th</sup>.
- Each student will receive (4) Private 30-minute lessons during March.
- Baseball Performance Training (strength and velo training)
  - Days and times during the week; TBA
  - Saturdays 9:00am
- Speed and Agility Classes
  - Days and times during the week; TBA

## COST

### ACADEMY COST:

**Individual:     \$299/month   5-monthly installments**

**Family:         \$450/month   5-monthly installments**

**Individual paid In-Full:     \$1,495.00**

**Family paid In-Full:         \$2,250.00**