

EXPLOSIVE BASEBALL TRAINING

To all Hitmen families 12U and up:

I wanted to take some time to explain, in detail, the new training program that will be available to our Hitmen baseball teams next year.

Fielder's Choice started the conditioning program a couple of years ago and added the hitting, throwing and arm care program last year. The general idea behind our program is to train the elements of baseball that college and pro scouts look for when the boys start showcasing in their high school years. Simply put, we will train them to throw harder, increase their bat exit speeds and decrease their 60 yard dash times.

Our program has several elements to it. The centerpiece of the program is the strength and conditioning program. It is baseball specific and is designed to make our athletes stronger and more explosive. This aspect of the program is available to every player 3 times a week and there will be multiple days and times that it will be offered. There would be no need to do any other sport or speed training if you are participating in this. This part of the program is headed by Darren Phelps. Darren is a personal trainer with many years of experience training athletes.

The hitting portion of our program is led by Scott Harding. Most of you probably know, or know of Scott, but for those of you who don't, Scott has been a High School and College coach for close to 20 years. He has been involved in many aspects of the Hitmen program for the past 8 years. Scott originated the player development plan that the Hitmen use today. He was also the Hitmen Sports Complex tournament Director and has been a coach of several teams throughout the years. His program, when used in conjunction with the Strength and Conditioning Program has produced amazing increases in swing and exit speeds.

The throwing portion of our program has 2 parts. The first part is long toss and the second part is arm care and velocity. These programs are designed first and foremost, to keep our players arms healthy. Every player will have a video analysis done of his throwing motion regardless of whether he is a pitcher or position player. After his video is analyzed, we will design a throwing program specifically for him. There will be great attention paid to any disconnect he might have that could lead to arm pain or injuries. He will be given specific drills to correct these disconnects. Once these are corrected (usually 3-4 weeks), we will introduce new drills designed to increase arm speed and velocity.

All of the things I have talked about here will be measured on a weekly basis. You will be able to see the progress regularly. This program works! We have seen great results the last couple of years and we continue to improve. All that being said, it only works if the athletes come regularly and put in the effort. This is not a magic pill that you sign up for and automatically get better, but for the players that work hard, the improvement can be enormous. Individual players paid \$250 per month for this program last year and this year it's \$300 per month or an up-front fee of \$1,000 for the 4 month program. The Hitmen are the only youth baseball organization that a drastically reduced team price is offered to, although we do the off season training for several local High Schools.

The program runs from November 1 to February 28. There are several days and multiple times available to train, so it can be worked around a winter sports schedule such as basketball or wrestling. There will be no individual team practices during this time. Teams will be given practice times beginning March 1 and running to May 1.

I will be happy to answer any questions you may have prior to tryouts via email. I will also be at the tryouts from 12:00 to 2:00, explaining the program and answering your questions.