

Athletic Conditioning Class

Youth Baseball

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Enhanced athletic training class for young baseball players. Special emphasis will be placed on developing core strength/stability and shoulder mobility/strength/stability. The course will be twice a week for six weeks. This is *not* a "body building" class with traditional weight lifting, this is an age-appropriate functional sports training class designed for the baseball player. The pillars of the program will include the following:

1: Functional Mobility. Before any athlete starts slinging weights around, they need to have enough range of motion ("ROM") to achieve both good starting positions and good finishing positions. Athletes also need to be able to maintain good positioning throughout an entire exercise, drill or skill practice in order to prevent injuries. To that end, each session will begin with joint mobility and dynamic muscular warm-ups and finish with appropriate stretches in order to start the recovery process and enhance ROM.

2: Muscular and Circulo-Respiratory Endurance (aka "wind"). Athletes need to have "good legs" in order to maintain good leverage whether it's against a kettlebell or in the bottom of the ninth. Fatigue leads to poor biomechanics and you can't teach a tired athlete. To develop good wind, we'll utilize multi-joint movements that engage as many muscle groups as possible. This type of exercise maximizes the demands on the musculature AND the nervous system. As the ballplayers progress, we'll begin to decrease the rest intervals which makes them recover faster. The ability to quickly recover from exertion is a key element in fitness.

3. Strength Development. Full body strength is critical in dynamic sports, particularly for those athletes moving to a larger diamond! Great players coordinate their legs, hips, torso and arms together. An athlete needs to learn to integrate as many muscles as possible against resistance, because that's where the advantage is!

4: Explosive Power and Agility. The ability to stop on a dime, change directions and accelerate rapidly are all functions of power. Strength means nothing without the ability to employ it quickly. Plyometrics (movements where the body is pushed away from the ground as quickly as possible) in all different directions will be employed here, so that the athletes learn to react quickly from any position on the field.

Flexibility and Recovery methods and Nutrition concepts will also be covered.

The cost for the course is \$160. Ages 9-14 are most appropriate.

Spaces are limited, so call (781) 551-9119 or reply to this email to reserve a place for your athlete.