



## PERFORMANCE BASEBALL OFF-SEASON TRAINING PROGRAM

### PROGRAM OPTIONS BREAKDOWN

<b>PROGRAM ELEMENTS</b>	<b>Option 1: Full Program \$350.00/month 5.5 hrs/week</b>	<b>Option 2: Sunday \$225/month 3.5 hrs/week</b>	<b>Option 3: Friday \$175/month 2.0 hrs/week</b>
S&C focused training sessions	✓	✓	✓
Pre, mid-point, & post testing	✓	✓	✓
PISE Membership for duration of the program	✓	✓	✓
Regen room access	✓	✓	✓
PISE Baseball t-shirt	✓	✓	✓
PISE Shaker cup	✓	✓	✓
Speed development	✓	✓	
Sport specific development (throw & hit)	✓	✓	
Sunday athlete education sessions (nutrition, BB theory, etc)	✓	✓	
Individual sport specific sessions with coach Anthony Pluta	✓	✓	
Individualized Speed assessment and program	✓		
2 individual Mental training sessions	✓		
Athletic therapy assessment & corrective exercise program	✓		

If you have any questions please contact Chris Hinton at [250.220.2588](tel:250.220.2588) or [chinton@pise.ca](mailto:chinton@pise.ca).