SPORTS INSTITUTE

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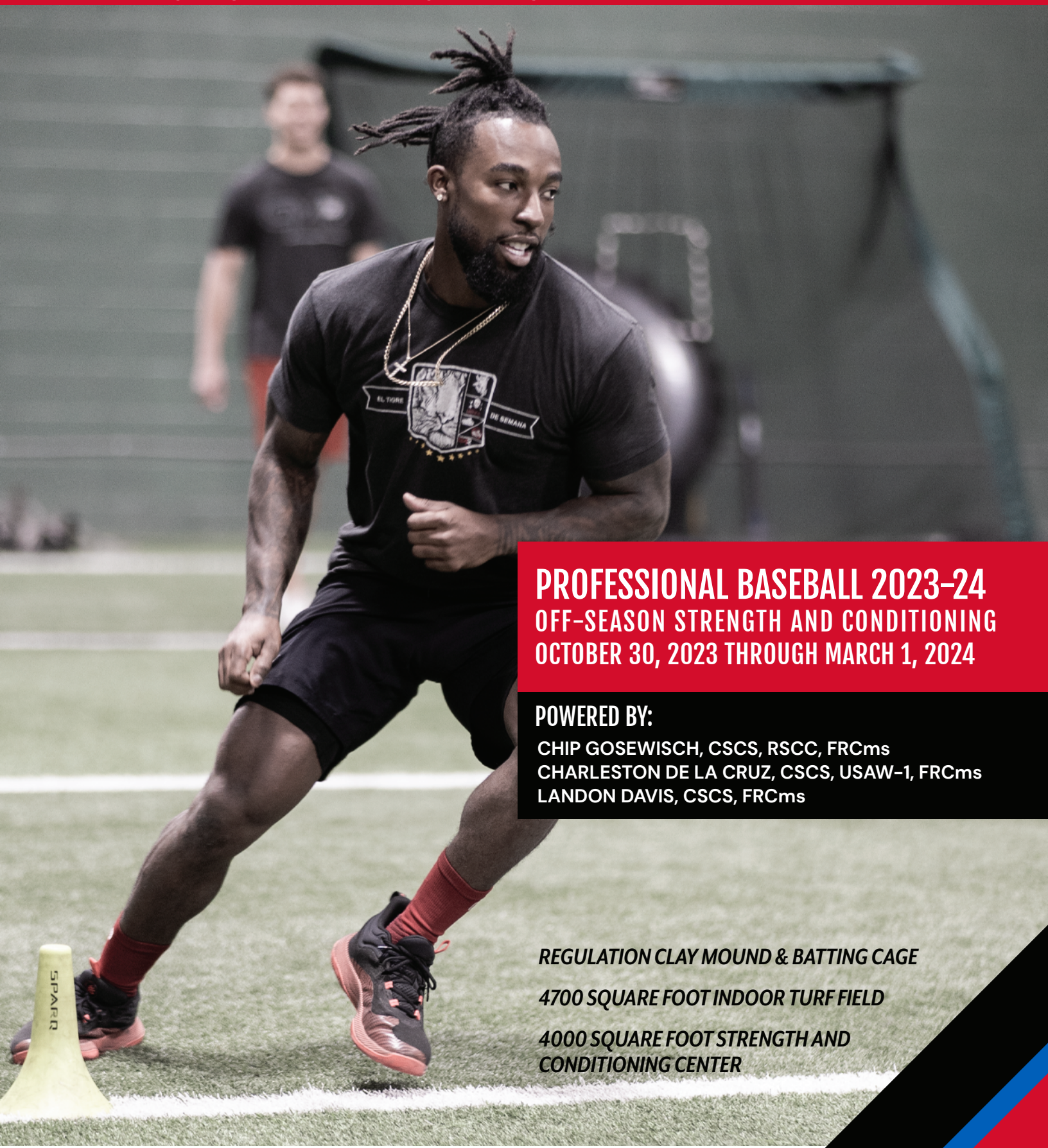

PROFESSIONAL BASEBALL 2023-24

OFF-SEASON STRENGTH AND CONDITIONING
OCTOBER 30, 2023 THROUGH MARCH 1, 2024

POWERED BY:

CHIP GOSEWISCH, CSCS, RSCC, FRCms
CHARLESTON DE LA CRUZ, CSCS, USAW-1, FRCms
LANDON DAVIS, CSCS, FRCms

REGULATION CLAY MOUND & BATTING CAGE

4700 SQUARE FOOT INDOOR TURF FIELD

4000 SQUARE FOOT STRENGTH AND CONDITIONING CENTER

PROFESSIONAL BASEBALL 2023-24
OFF-SEASON STRENGTH AND CONDITIONING

SPORTS INSTITUTE

FOCUS ON THE COMPLETE ATHLETE

EFFICIENCY IN PHYSICAL EFFORT IS KEY WHEN COMPETING EVERY DAY. MOBILITY, STRENGTH, AND POWER ARE KEY FACTORS FOR SUCCESS, BEST UTILIZED WHEN COMBINED WITH ADDITIONAL PERFORMANCE STRATEGIES IN AN ORGANIZED AND CONSISTENT PLAN.

OFF-SEASON TRAINING OBJECTIVES:

1. RECOVER AND ADDRESS LIMITATIONS FOLLOWING 2023 SEASON 2. IMPROVE PHYSICAL PERFORMANCE
3. INCREASE TOLERANCE TO STRESSORS OF SPORT 4. OPTIMALLY PREPARE EVERY ATHLETE FOR THE 2024 SEASON

Working from the ground up, training priority is on rotational power starting at the ground and working its way up through segments of the body to the throwing arm or bat.

We provide a comprehensive program focused on the complete athlete which is pitcher/position player specific, and includes the following layers of emphasis:

PREP/MOBILITY | STRENGTH/POWER | CORE | AGILITY | SPRINT ACCELERATION | CONDITIONING | DECELERATION

PROGRAM DETAILS:

3 SMALL GROUP START TIMES:

9:00 | 11:00 | 1:00

8-10 ATHLETES PER TRAINING GROUP

4-TRAINING DAYS PER WEEK:

MONDAY | TUESDAY | THURSDAY | FRIDAY

DURATION

TYPICALLY BETWEEN 1.5–2 HOURS/DAY

ATHLETE PHYSICAL EVALUATION (REQUIRED):

- 10-point screen conducted by a physical therapist looking at injury history and areas of high stress/limitation found commonly in baseball athletes
- Following eval, if necessary, athlete may receive soft tissue treatment prior to training session or be assigned an individual plan to address constraint(s) prior to daily training session

INJURED ATHLETES*:

- The Sports Institute's world-class team of PTs coordinate athlete rehab, working closely with performance team to promote success back to full competition readiness.

RAPSODO PITCHING 2.0

Pitcher access to Rapsodo Pitching 2.0 and data metrics such as velocity, spin rate, spin direction, pitch break and release angle.

OFF-SEASON FEES:

Daily: $60/day

Weekly: Total of 4 training sessions: $240 ($60/day)

Athlete Physical Evaluation (required): $55

Wednesday Group Yoga, 11am-12pm: $25
(hosted in-house every other week)

Soft Tissue Treatment/Astym/Dry Needling*: $75
athletes required to schedule in advance

**additional treatment may require rx from doctor*

IN ADDITION:

GET A JUMP START – OCTOBER PROGRAM AVAILABLE

- 3-DAYS/WEEK – MONDAY | WEDNESDAY | FRIDAY
- Full-body workouts through October
  - batting cage and regulation clay mound
  - work comp/insurance available for physical therapy on a case by case basis based on injury
  - Functional Range Conditioning (FRC)

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