

SPORTS INSTITUTE

PHOENIX, AZ | [SPOONERPT.COM/SPORTS](https://spoonerpt.com/sports) | RESERVE YOUR SPOT [HERE](#)



2023 PACKAGES

PKG 1 \$460 per week
(4 performance days +
2 PT sessions/week)

PKG 2 \$670 per week
(4 performance days +
4 PT sessions/week)

PKG 3 \$310 per week
(4 performance days +
athlete treatments)

PROFESSIONAL BASEBALL 2023-24 OFF-SEASON PERFORMANCE & REHAB NOVEMBER 20 THROUGH JANUARY 2

REHAB TEAM:

KAITLYN KEYSER, PT, DPT, SCS, ATC, CSCS
NATHAN SUYEMATSU, PT, DPT
YVONNE CALDERON, PT, DPT, OCS
GABBIE MILLER, MS, ATC

PERFORMANCE TEAM:

CHIP GOSEWISCH, CSCS, RSCC, FRCMS
CHARLESTON DE LA CRUZ, CSCS, USAW-1, FRCMS
LONDON DAVIS, CSCS, FRCMS

BUY A FULL 6 WEEK PACKAGE, GET ONE WEEK FREE

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 and rehabilitation strategies in an organized and consistent plan with a team that collaborates on the athlete's care.

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**

PERFORMANCE PROGRAM DETAILS

2 SMALL GROUP START TIMES:

9:00 | 11:00

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: \$55)

- 10-point screen conducted by a physical therapist looking at injury history and areas of high stress/limitation found commonly in baseball athletes

ATHLETE SPOT TREATMENT

(OPTIONAL)

- Athletes may receive 5-10 min optional soft tissue treatments prior to daily training sessions

4700 SQ FOOT INDOOR TURF FIELD

4000 SQ FOOT STRENGTH & CONDITIONING CENTER

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.

REGULATION CLAY MOUND & BATTING CAGE

ATHLETE TREATMENT DETAILS

4-TREATMENT DAYS PER WEEK:

MONDAY | TUESDAY | THURSDAY | FRIDAY
2x or 4x/week depending on package purchased (scheduled around performance training hours)

DURATION

EACH SESSION WILL BE 30 MINUTES

Hands on manual therapy treatments including:

- ASTYM/Graston,
- Cupping,
- Dry needling, and
- Joint mobilizations

PACKAGES INCLUDE:

- Pre and post workout supplements (NSF Certified)
- Use of Recovery Room, and
- Yoga (optional) on Wednesdays

