

5- Tool Program

Parents,

Baseball is still America's past time and a game you can play in your back yard and throughout your life. However, competitive baseball for youth players has dramatically changed. The game has evolved and the days of picking it up when the season comes around have ended. The physicality of the game has changed the most. Starting this off season we will be introducing a new product called **SmartKage** which measures objective metrics in pitching, hitting, fielding, catching, and agility. To achieve the goal of the 5 Tool Program we will be using our **Strength, Power, and Speed Program** along with **Hitting Routine, Long Toss Program, Defensive Positions, and Pitching Program**. Through what we learn from this new technology we will, along with Community Health Network, build a customized workout/training plan to allow each athlete to reach his or her talent potential.

Dates: August 31st – March 14th

Pre-August: SmartKage Technology

All 5 Tool participants must have a SmartKage evaluation completed by July 31st. ***Admission in to the 5 Tool program will be contingent upon completion of a SmartKage evaluation.*** This technology will allow players to measure their skills while our lead instructors are able to break down and develop proper technique for each individual student. SmartKage provides 6x the amount of information to the consumer than any other athletic performance measuring system available. To learn more about this product and sign up for your evaluation, visit their website at <https://www.smartkage.com/#>. Evaluation times are available in June and July for 5 Tool participants.

September- October: Strength, Power and Speed Program

Students' weaknesses and strengths will be targeted through speed, agility, and plyometric training 2-4 times weekly. In addition to the supervised training they will be required to lift weights 2 times a week on their own, based on their personalized program.

Methods used within the strength portion of the program will consist of, but are not limited to, resistance bands, weights, and core workouts.

August- March: Long Toss Program

Throwing progressions, 2-4 times weekly
60-90-120

October- March

Hitting Routine: Our hitting training is going through a major overhaul, with focus on small muscle strength and speed along with controlled weight distribution and impeccable timing. These are the factors that will lead to a **CONSISTANT** and **POWERFUL** hitter!

Hitting Routine will be in two sessions.

Session 1 will be hitting biomechanics and hitting strength. This is the guts of the program. Through the months of October- January hitter will gain the fundamental strength and biomechanics to repeat their swings **CONSISTANTLY** and **POWERFULLY!**

Session 2 will consist of hitting workouts with emphasis on live swings and situational at-bats.

Defensive Program: All defensive positions will be run by former professional players, scouts, or collegiate coaches, that played each of their respected positions, which is completely unique to our teaching institution. We are extremely excited about our defensive staff.

Infield: **Ken Niles** - Associate Scout for the San Diego Padres. Former collegiate coach at Eckerd College and Trinity University.

Outfield: **Ryan Basham**- 2-time All-Big Ten selection at Michigan State and Toronto Blue Jays draft pick in 2006.

Catching: **Kevin Christman**- Regional Scout for the San Francisco Giants and former player in the Philadelphia Phillies organization.

Pitching Program:

Mike Snyder – Former MLB pitcher with Cardinals, Yankees, Rangers, and Rockies. Pitching coach for the University of Louisville from 1993-1996.

Dyar Miller – Pitching Coordinator for the Houston Astros organization.

Chris Fetter - Major League Scout with the Anaheim Angels. Three time All Big Ten pitcher at University at Michigan.

Derek Higgins – Former Butler and Marian University starting pitcher.