



2018-2019 5 Tool Program

RoundTripper’s 5 Tool program presents an all inclusive approach to the off-season training that has become so necessary. To achieve the goal of the 5 Tool Program we will be using our **Strength, Power, and Speed Program** along with **Hitting Routines, Defensive Positions, and Pitching Program**. The RoundTripper instructors will work to build a customized workout/training plan to allow each athlete to reach his or her talent potential.



<i>Aug. 20—Oct. 28</i>	Strength/Speed Conditioning
<i>Oct. 29—March 11</i>	Hitting, Pitching, & Defense

Address: _____

Phone: _____ Email: _____

Position: _____ Pitcher (Y/N): _____ Catcher (Y/N): _____

Payment Info

CC: _____ Exp. _____ CVV _____

Payment Options (circle option)

1. Pay in Full (\$4000)
2. \$500.00 down payment + 9 monthly payments \$408.33 (Sept. 1, 2018 —May 1, 2019)

****RoundTripper Membership Included for FREE with 5 Tool Program****

August- 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.

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 & Outfield: **Carlos Paredes**- Lead Fielding Instructor for RoundTripper Academy as well as the Fielding Coordinator for the Indiana Mustangs. Carlos played both collegiately and professionally in Venezuela after his high school career at Carmel HS.

Catching: **Cesar Barrientos** - Current Assistant Coach for the Wabash College baseball team in Crawfordsville, Indiana. Cesar also doubles as the Lead Catching Instructor for RoundTripper Academy.

Pitching Program:

Mike Farrell – Mike currently works as a Regional Scout for the Kansas City Royals and was credited with the Royals two first round picks in 2015. He also serves as the Master Pitching Instructor at RoundTripper Sports Academy as well as the Pitching Coordinator for the Indiana Mustangs.