



**We Help Make Dreams
Come True.**

STRIKE ZONE
2900 SOUTH 110TH STREET
OMAHA, NE 68144
(402) 398-1238
WWW.STRIKEZONEOMAHA.COM

On the field, the game becomes about three things:

- *Hand Speed*
- *Foot Speed*
- *Bat Speed*

Not every player is born with the quick twitch muscles necessary for these three important traits to become second nature on a ball field... But much can be taught and learned.

TWO GREAT TRAINING SERIES **STRENGTH TRAINING** *and* **SPEED AND AGILITY TRAINING**



When it comes to baseball and softball, speed and agility are important on both sides of the field. Speed is important in the field where hit balls must be defended. On offense, speed puts pressure on the other team and distracts the pitcher and catcher; this helps the hitter get better pitches to hit. The development of speed and agility is as vital as the development of batting power and throwing arm stability.

*IF YOU KEEP DOING THE THINGS YOU HAVE ALWAYS DONE...
YOU WILL ALWAYS GET THE SAME RESULTS. BAD HABITS BECOME AUTOMATIC.*

Strength Training should not be about building excess bulk or muscle mass. Players should focus on improving quick, reactive movements, increasing explosiveness and injury prevention, as well as improving speed and trunk rotation. This will lead to improved bat speed and ball velocity. Both our Strength Training and Speed and Agility Training Programs will help players with:

- **Cardiovascular Training**
 - **Stretching**
- **Medicine Ball Exercises**
 - **Plyometrics**
- **Speed, Agility, and Quickness Training**

When you translate the strength developed in the weight room with the speed developed during the plyometric training and then add proper batting and pitching mechanics, you will have a stronger, more powerful, more productive player.

We will get your player where he needs to be.

SPEED & AGILITY

Strength Training / Speed and Agility Training

The Strike Zone would like to invite you to get a head start on your upcoming baseball season. We are offering Strength Training and Speed & Agility Training. These classes are designed for baseball and softball players only, and will be highly intensive.

CAUTION: if you are looking for a laid back, go through the motions activity, these classes are **NOT** for you.

We have tailored our programs to meet the needs of you, the baseball/softball player. The primary goal of the preseason camps are to improve your overall athletic ability. During each session you will be taught the basic fundamentals of proper running form and technique, speed training, agility and explosiveness training, as well as, flexibility. All of these skills will help you to excel on the diamond.

All training needs to be integrated with sports skill training. You cannot do either area in isolation without leaving the player's development lacking. Players need to work closely with the Strike Zone Coaching Staff to ensure a balanced, effective training program.

- One Day a week **SPEED & AGILITY**
- One Day a week **STRENGTH TRAINING**
- 40-50 Minutes of training
- Available for all ages
- Will Include Strength/Explosive Training in the weight room
- A take home program will be provided and two additional days of at home work
- 1 Session/Per Training/Per Week/8 Weeks will be expected.

• SPEED AND AGILITY

Form running, various foot work drills, and cone drills will help to increase your ability to accelerate, decelerate, and change direction more efficiently. Also, these drills will help to improve your overall athleticism. Provide your self the ability to steal more bases, beat out more ground balls, and track down more balls in the gaps. Speed is one of the notorious "Tools" in baseball and softball that can separate you from the competition.

• POWER

Plyometrics are used in conjunction with strength development in an integrated program to improve the link between the strength developed in the weight room and the ability to develop explosive power, speed and agility. Through plyometric exercises you body's ability to exert force on itself or another object can increase dramatically. Some examples of explosive movements in baseball/softball are hitting the ball, stealing a base, and performing a vertical jump to take away a sure base hit.

• STRENGTH

With the appropriate progression of resistance exercises, including all the muscle groups, the body will continue to adapt. This will provide an overall increase in full body strength that will help player performance. Improve your athletic performance, and reduce the possibility of injury.

• MEDICINE BALL EXERCISES

Important for rapid powerful upper body movements to develop increased explosiveness and rotational forces.

• STRETCHING

Important for increased flexibility and injury prevention.

Name _____ Age: _____ Member #: _____

Telephone: _____ Cell: _____

Address: _____

City/State/Zip: _____

Email: _____

School: _____

Parent/Guardian Release: _____

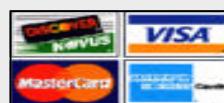
(Visit www.strikezoneomaha.com for Cancellation Policy and Full Release)

Total Amount: \$ _____

PAYMENT METHOD: Cash Check Visa MC Disc AMEX

Card No _____

Exp Date _____ 3 digit V-Code _____



SESSIONS:

STRENGTH TRAINING

TUESDAYS 5-6PM

November-December

January-February

SPEED & AGILITY

THURSDAYS 4-5PM

November-December

January-February

*Only \$100.00
Each 8 Week Session*