



Offseason Baseball Programs

ARM CARE & VELOCITY PROGRAM

Start Dates: Monday - 09/30/2019,
Monday - 11/11/2019 (Fall Sport Athletes)
End Date: Friday - 02/14/2019

Frequency/Duration: 3 days per week, 1-2 hours per day.

Time Slots Vary, Check Sign Up Page

About The Program

Geared towards each athlete's individual needs with a focus on proper mechanics, improving efficiency in the throwing motion, and educating players on proper arm care and maintenance.

Key Training Tools

- Driveline TRAQ
- Driveline Protocols
- motusONE Biomechanic Assessments
- motusThrow workload management

Cost: \$150/month (no strength program), \$300/month (with strength program), team rates available.

PRO-SWING HITTING PROGRAM

Start Dates: Monday - 09/30/2019,
Monday - 11/11/2019 (Fall Sport Athletes)
End Date: Thursday - 12/19/2019

Frequency/Duration: 12 weeks, 3 days per week, 1-2 hours per day.

Time Slots Vary, Check Sign Up Page

About The Program

Based on the individual's needs, we write a custom program to be executed in a competitive group setting. Players will be pushed to take their swings to a new level.

Key Training Tools

- Rapsodo Hitting
- Blast Motion
- Driveline/Axe Bat Overload/Underload
- motusONE Biomechanic Assessments

Cost: \$150/month (no strength program), \$300/month (with strength program), team rates available.

To sign up please visit our website at
mwaperformance.com/baseball