

# Baseball Core Strengthening and Off-Season Throwing Program

## Details

Monday, Tuesday, Thursday  
(12x/ month)

May 28 - July 26

- Ages 7-9 9 - 10.30 am
- Ages 10-HS 10.30 - 12 am

## Registration Fee

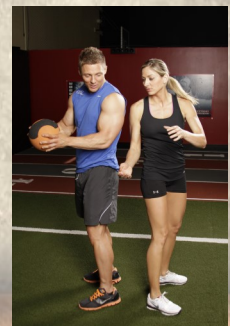
\$400 Entire Summer (That's \$16/day)

**\*\*Classes limited to first 20 people/class**

Classes will be divided into 45 minute segments. The first 45 minutes will involve our Off-Season Throwing Program which was a huge success this past summer/winter. The second 45 minutes will be geared toward core strengthening exercises. Players will rotate through 20 different stations which will vary from session to session. We hit each station for 3 minutes, rest for 1, and repeat until finished. This is an up-tempo class.

The format has been a huge success.

For more information or to register call:  
Todd Buczek @ 205.941.0105



## Benefits:

Improved flexibility and strength of the Rotator Cuff, Scapular, Pronators, Supinators, UCL/LCL muscle groups

Proper Throwing Mechanics

Injury Prevention

Enhanced field performance through Core Strength Development, including the strengthening of the abdominal, lower back, arms, and leg muscles

Improved flexibility of hip flexors, groin, quads, hamstrings and other muscle groups

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