

Why us?

There may be any number of Baseball and Softball training programs available to enthusiasts of these sports. So what makes us so different from the competition? Well, in a single word "Technology!" While focusing on the games technique and tactics, we've revolutionized the world of sport training by incorporating technology into core aspects of our training program.

Our state-of-the-art approach to "assessing before training" means every athlete that joins our program gets the right amount and type of training to address his/her weaknesses, and to play on his/her strengths. This literally gives our athletes a huge competitive advantage when they play against their peers out in the field.

INDIVIDUALIZED TRAINING

Teams play the game, but it is INDIVIDUAL players that shine and help win.

When athlete's joins our program, we assess them for their individualized training needs. Unlike many of our competitors who use "Cookie cutter" training programs, our training is built around individualized programming. For us, regardless of the sport, our individualized training is based on building "complete athletes", and is not just meant to provide an opportunity to "workout".

FUNDAMENTALS/SKILL WORK-

Just as each athlete is unique for us, our training program also recognizes the uniqueness of the sport being trained for, as well as the position being trained in. Runners have different training needs from sprinters, who need different skills than of those of hitters, whose skills differ from pitchers. Accounting for training movement patterns in these uniqueness's is a core approach of our training that ensures that all exercises support the specific physical needs of baseball and Fastpitch athletes.

And that's something that many other trainers don't seem to realize!

PERFORMANCE EDUCATION

At the center of our training program is the concept of delivering "sustainable performance". We don't just train our athletes to perform well during their time spent with us, but we spend a large portion of our training in educating participants on ways to sustain their performance beyond the training program. And how do we do this?

We do so by providing athletes with the latest education on proper movement, nutrition choices, and recovery techniques, so that they are better prepared to improve their physical performance. And through that education, our athletes create sustainable performance throughout their careers while also decreasing the potential for injury both on and off the field.

PROMOTION

Our training program has resulted in moving more players into every college baseball level than many of our competitors. We have earned the reputation as one of the premier trainers that has an established track record of even moving players into college power conferences such as ACC, PAC 12 and the SEC. With our professional Scout and state-of-the-art training regimen behind you, your baseball career has only one way to go - towards the path to success!

OUR GUARANTEE

Life doesn't offer too many guarantees, but we do! Here's what we can guarantee our athletes when they invest the time and effort with us:

- Improved motivation!
- Stronger focus!
- Better movement!
- Increased stamina!
- Greater strength!

If you can guarantee that you are determined to receive all of these benefits from us, we'll guarantee to deliver them ALL to you...or we'll issue you a 100% refund of your investment~