

BAT SPEED PROGRAM

Coach Gamma designed this program to improve your functional bat speed. The program includes exercises and drills geared towards increasing your power-hitting potential.

Your Starter Pack Includes:

- ⇒ An orientation/walk through with an instructor (1 hour)
- ⇒ A mid-point exit velocity test and mechanical 'tweak' session
- ⇒ Your first 4 workouts

***We recommend 16 or more sessions for maximum benefit**

Fee Schedule

| | |
|---------------------------|-------|
| Private Session (50 min) | \$38 |
| Semi-Private (per player) | \$40 |
| SAQ Per Session | \$25 |
| SAQ (1x per week, 4weeks) | \$68 |
| (1x per week, 4weeks) | \$115 |
| Rent-a-Coach | \$76* |
| Showcase Prep Combine | \$125 |
| Arm Strength Starter Pack | \$225 |
| 8 sessions | \$150 |
| 16 sessions | \$290 |
| Bat Speed Starter Pack | \$154 |
| 8 sessions | \$80 |

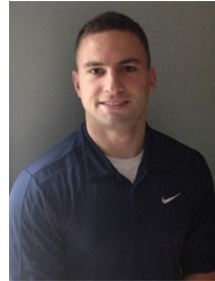
*\$1 per mile if off-site

FREE! Injury prevention seminars 2X/year

MEET THE PRO PERFORMANCE TEAM

DIRECTOR OF SPORTS PERFORMANCE

Stephen C Gamma, MS, ATC, CSCS



holds a Master of Science in Athletic Training from the University of Idaho and is a Certified Strength and Conditioning Specialist (CSCS) with the National Strength and Conditioning Association.



Ryan Carmody, CSCS, XPS

has a bachelors degree in Exercise Science, and is a Certified Strength and Conditioning Specialist (CSCS) with the National

Strength and Conditioning Association. He also holds an Exos Performance Specialist certification as well as FMS and Y Balance test certifications.



Eric Lenz, CSCS

is currently the Varsity Assistant for the Wallenpaupack Area baseball program & has been coaching at the high school level for the past 13 years. He is also a Health &

Physical Education teacher at Wallenpaupack Area Middle School & a Certified Strength & Conditioning Specialist (CSCS).

Read complete bios on our website
www.Pro-Prospects.com

SPORTS PERFORMANCE TRAINING

- ⇒ Strength & Conditioning
- ⇒ Speed, Agility & Quickness Training
- ⇒ Functional Movement
- ⇒ Arm Strength Program
- ⇒ Bat Speed Program
- ⇒ Rent-a-Coach Team Training



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 Monticello, NY 12701
 (845) 791-1749



8 Riverside Drive
 White Mills, PA 18473
 (570) 352-3800

SPORTS PERFORMANCE STRENGTH & CONDITIONING

STRENGTH & CONDITIONING

Pro Performance, developed and headed by former **Kansas City Royals strength coach Stephen Gamma, CSCS/ATC**, includes movement assessment, training & corrective exercise strategies.

Recognition & correction of movement dysfunction which may limit athletic performance and increase injury risk, effectively improves first-step quickness, running speed, functional strength and throwing velocity in private, semi-private & group training.



NEW! Speed, Agility & Quickness Training

This program is guaranteed to improve your playing speed, specifically high-velocity acceleration, deceleration and the ability to dynamically stabilize your body in all planes of motion (running cutting & changing directions).

Showcase Prep Combine (4-week sessions) - Improve your Measurables! -for baseball/softball & football

PRO PERFORMANCE TRAINING INCLUDES

- Soft-Tissue and Mobility Work
- Strength Training
- Plyometric Training
- Speed and Agility

NEW! Rent-A-Coach Team Conditioning

Available for all sports! Now you can hire one of our certified strength & conditioning specialists to assist at your team practices. Available on-site at our NY & PA facilities or off-site at your team's practice site. Can be scheduled as part of your team practice or separately as a strength, speed, agility and quickness workout.

SCREEN & BASELINE TESTING

- Functional Movement Screen
- Y-Balance Test
- Pro Agility Test
- 10-Yard Burst Test
- 40-Yard Sprint

ARM STRENGTH PROGRAM

Your Starter Pack Includes:

- ⇒ A Pre-Long Toss Screen with Corrective Exercises
- ⇒ Your Long Toss Orientation
- ⇒ Your first 4 Throwing Sessions

Since 2004, our long toss program has helped players gain an average of 4.2 MPH per off-season. The program consists of a Pre-Long Toss Screen which identifies and provides correctives for potential injury risk factors, a 90-minute orientation with an instructor and an off-season throwing schedule at Pro Prospects. Our players have experienced velocity gains with as few as 12 sessions but we recommend 24 sessions per off-season for maximum benefit.

Pre-Long Toss Medical Screen includes:

- Health History (age, height, weight, BMI, hand dominance)
- Athletic History (multiple sports, years of experience, game per calendar year, training history)
- Injury History (surgery, rehabilitation, time lost)
- Functional Movement Screen®
- Selective Functional Movement Assessment® (if needed)
- Y-Balance Test®
- Goniometry Range of Motion Assessments