

## 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

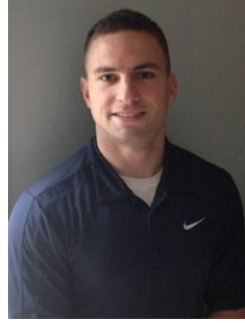
|                              |       |
|------------------------------|-------|
| Private Session (50 min)     | \$38  |
| Semi-Private (per player)    | \$40  |
| Speed Per Class              | \$20  |
| (4 Classes)                  | \$67  |
| (Monthly -up to 12 classes ) | \$95  |
| Rent-a-Coach                 | \$76* |
| 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

## 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.

#### Eric Lenz, CSCS 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](http://www.Pro-Prospects.com)

# SPORTS PERFORMANCE TRAINING

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



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# 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.



## Speed, Agility & Quickness

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).

## 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.

## PERFORMANCE SCREEN & BASELINE TESTING

- Functional Movement Screen (Baseball only)
- Y-Balance Test (Exit Velocity)
- Pro Agility Test (Throwing Velocity)
- 10-Yard Burst Test (Home-to-1st)
- 40-Yard Sprint
- Vertical Jump

## 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