



PRESIDENT'S DAY

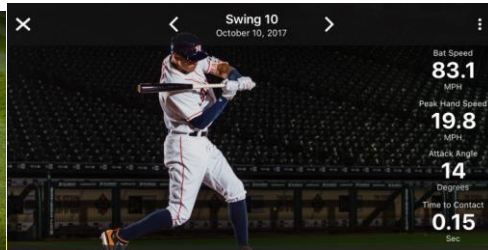
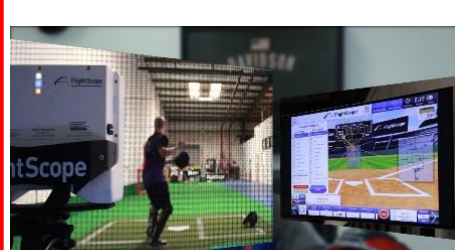
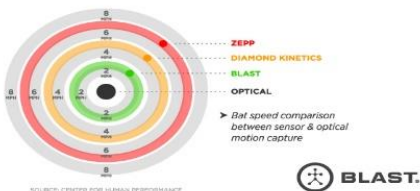


BASEBALL PEAK PERFORMANCE ONE-DAY CLINIC

PLAYER EVALUATIONS POWERED BY
BLAST MOTION AND FLIGHTSCOPE STRIKE BASEBALL TESTING TECHNOLOGIES



BLAST IS THE MOST ACCURATE SENSOR ON THE MARKET



MONDAY, FEBRUARY 18, 2019

YOUTH PLAYERS 9U-14U – 10:00AM-11:30AM*

HIGH SCHOOL PLAYERS 15U-18U – 11:30AM – 1:00PM*

*SUBJECT TO CHANGE BASED ON OVERALL PROGRAM ENROLLMENT

\$79 PER PLAYER

VISIT SHOP.DREAMBIGATHLETICS.COM TO REGISTER

EACH PLAYER RECEIVES

- **BATTING AND SWING ANALYSIS THROUGH BLAST MOTION SENSOR TECHNOLOGY**
 - PLAYERS WILL RECEIVE THEIR BAT EXIT VELOCITY IN MPH AS WELL AS RECEIVE DATA ON SWING PATH AND LAUNCH ANGLE, WHICH CAN BE USED TO MAKE ADJUSTMENTS FOR IMPROVED PERFORMANCE
- **PITCHING AND THROWING EVALUATION THROUGH FLIGHTSCOPE STRIKE TECHNOLOGY**
 - PLAYERS WILL RECEIVE PITCH VELOCITY IN MPH AS WELL AS SPIN RATE, PITCH LOCATION, AND PITCH CONSISTENCY DATA TO HELP IMPROVE MECHANICS AND STRIKE THROWING ABILITY
- **SHOULDER, ELBOW, AND BACK MOBILITY EXERCISES TO STRENGTHEN AND PREVENT INJURY FOR THROWING**
 - EXERCISES AND STRETCHES IMPORTANT FOR ARM HEALTH
- **EXPLOSIVE MEDICINE BALL WORKOUT GEARED TOWARDS IMPROVING HITTING AND THROWING MECHANICS**
 - PLAYERS WILL ALSO BE TESTED IN MPH FOR MEDICINE BALL EXERCISES
- **IN-SEASON TRAINING ROUTINES FOR PLAYERS TO TAKE WITH THEM AND USE DURING THE SPRING AND SUMMER SEASONS TO KEEP THEIR STRENGTH DURING THE TIME THEY NEED IT MOST**
 - IN-SEASON TRAINING HELPS MAINTAIN SKILLS, FUNDAMENTALS, AND HELPS PREVENT INJURY

SESSION WILL BE HELD AT DREAM BIG ATHLETICS TRAINING CENTER – 713 S. VERMONT – PALATINE, IL 60067