



# DIAMOND PLAYERS

## BASEBALL

*Featuring Off-Season Conditioning Courses*

*Athletes Need To Train . . . Prepare for the competition you will face at the next level!*

### **4.2 SECONDS IS THE DIFFERENCE BETWEEN LIFE AND DEATH**

Can you cover the distance from home to first fast enough to stay alive? 4.2 seconds is the difference between benchwarmer and starter. 4.2 seconds is the difference between being a player and being a prospect. Between you and the next level. Think about it this way: in 100 at-bats, legging out 10 more grounders hit to the left side ups your average 100 points. That's the difference between being a .300 hitter and a .400 all-star. **ARE YOU FAST ENOUGH?**

## **SPARQ TRAINING**

**SPEED • POWER • AGILITY • REACTION • QUICKNESS**

This 15-week program is designed to bring you to peak performance condition by opening day. Develop dynamic strength and speed; Build explosive power; Increase velocity and stamina. Players will use advanced cord and medicine ball routines to build and maintain arm health. Intense fielding drills are incorporated to enhance baseball specific quickness and agility.

- **Build Athleticism**
- **Develop Dynamic Strength & Speed**
- **Enhance Explosiveness**

**NOV 3 - DEC 18 . . . . . Tuesdays & Fridays . . . . . 5:00 to 6:00 PM**

**DEC 19 - JAN 4 . . . . . Off Site Running Program**

**JAN 5 - FEB 26 . . . . . Tuesdays & Fridays . . . . . 5:00 to 6:00 PM**

This program is for both pitchers and position players ages 15 & over

**15 WEEKS - TWO SESSIONS PER WEEK - \$450**

## **SAQ TRAINING**

**SPEED AGILITY & QUICKNESS - Ages 11-14**

This 15 week program is for younger players and will focus on overall conditioning. Core strength training will be introduced as sessions increase in intensity.

- **Improve Running Speed & Quickness**
- **Increase Aerobic Capacity & Stamina**
- **Build Core Strength & Agility**

**NOV 3 - DEC 18 . . . . . Tuesdays & Fridays . . . . . 6:00 to 7:00 PM**

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**11706 24th Ave. East - Tacoma, WA 98445 / 253-536-8001**

**[www.diamondplayersbaseball.com](http://www.diamondplayersbaseball.com)**