

# BASEBALL STRENGTH & CONDITIONING

The goal of baseball conditioning is to develop physical attributes that make you the best player possible. All programs implement pre & post evaluations to validate increased athleticism alongside a specific program to follow on their own. Our sport specific program is guaranteed to make you quicker, stronger, and incredibly explosive. The baseball training system is proven to create positive results on the diamond. The workout routines are simple to master and progress into more complex movements. More Strength = More Power. Proper Nutrition and mental conditioning will also be taught to ensure maximum development. Athletes that are not taught the correct techniques are at a higher risk of suffering from potential injuries in the future. This system will focus on increasing all-around athleticism and is also position specific.

**When:**

Mondays and Wednesdays at 5:30 PM. Starting on Monday Dec 5<sup>th</sup> (2 x per week)

**Dates:**

December 5, 7, 12,14

January 9,11,16,18,23,25,30

February 1,6,8,13,15,20,22,27

March 1,6,8 (March Break off) 20,22

**Where:** St.Clair College - SportsPlex Fitness Center

**Program Cost:** \$80 month (24 Sessions = \$240)

Drop In Cost = \$15 per class

**Contact Coach Rob Maggio** B.H.K., B.Ed, C.S.C.S: [rmaggio@stclaircollege.ca](mailto:rmaggio@stclaircollege.ca)

Rob is the Strength & Conditioning Coach for the Saints Varsity athletics and is the Manager of the SportsPlex Fitness Center. He has a vast experience in training high performance athletes.

