

Pro-Power Strength Camp

EVENT INFO

Saturday, June 2 - Sunday, June 3, 2012

Eligibility: High School Age Players

Wood Bat Tournament

FIELD LOCATION

Clinton High School

401 Arrow Drive
Clinton, MS 39056

Players who attend the Pro-Power Strength Camp will learn training techniques designed for Olympic medalists from around the world. The two-day camp will focus on the five most important aspects of the game: arm strength, running speed, agility, stretching and nutrition.

ARM STRENGTH

The warm up cord is the ultimate tool to strengthen and loosen the muscles associated with throwing. Its patented design provides resistance to both upper arm and forearm during the throwing motion. The key is the bio-mechanically correct way the cord attaches to the arm. This provides resistance while allowing a natural throwing motion that improves arm strength and throwing velocity.

Throwing Program Includes:

- Proper throwing mechanics
- Stretching and arm care
- Long toss techniques and drills
- Warm-Up Cord

Benefits of the Warm-Up Cord:

- Reduce warm-up time
- Reinforce correct mechanics
- Strengthen decelerator and accelerator throwing muscles
- Year-round training solution
- Arm feels like a whip

RUNNING SPEED

Running speed is a very valuable tool in baseball that players are constantly being evaluated on. Players will learn Olympic techniques and drills to maximize speed.

Running Program Includes:

- Evaluate running form
- Learn proper arm-angles
- Connect body to allow muscles to work together
- Step-up training drills

AGILITY

Agility drills help develop a player's whole body coordination. Learn first-step quickness drills to increase speed and become more powerful.

Agility Program Includes:

- Create quicker ability to move left to right
- Enable nervous system to generate speed
- Learn customized quick drills

STRETCHING

Long, loose muscles produce the most power so it is vital for players to know proper stretching on a regular basis. Stretching allows muscles to perform

with more power and less effort.

Stretching Program Includes:

Olympic stretching techniques
15 different stretches

NUTRITION

Nutrition is the most important part of the training process. Players will be educated on how to build muscle tissue through proper nutrition.

Nutrition Program Includes:

Establish current nutrition status
Review diet
Construct new diet plan
Educate players on proper food choices and meal replacements

PLAYER BENEFITS

Your benefits in this event include:

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Every player who is selected for the Pro-Power Strength Camp is automatically enrolled into the **MVP Head Start College Recruiting Program** at no additional cost. This program gives you the tools, knowledge, and information necessary to be recruited!

Every player who joins a MVP program must be 100% dedicated to attending the event. MVP teams are formed by commitment from both players and parents. Event fee does not include travel expenses or uniform. MVP is not responsible for game cancellations due to inclement weather, and refunds are not allowed. Please read our [Participation Agreement and Release](#).