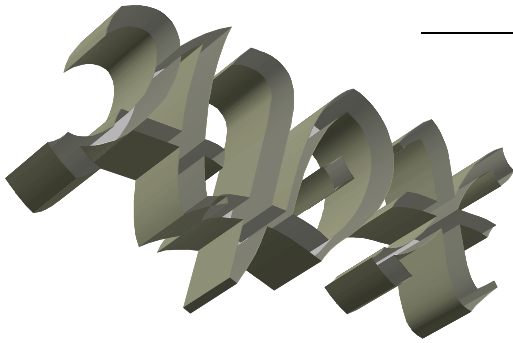


*"The constant pursuit of sports performance."*



# APX BASEBALL OFF-SEASON PERFORMANCE PROGRAM

**APX** recognizes that a baseball pitch and swing are highly dynamic and complex, demanding athletic movements that can cause injuries to professionals and amateurs alike. To address this challenge, APX developed the Pitching & Hitting Analysis Program designed to improve overall baseball performance (through strength/speed/core/flexibility training), reduce baseball throwing-related injuries, and improve in-game pitching and hitting performance. Athletes and Coaches must realize and fully accept that these benefactors equate directly to improved athletic performance. Pitchers will develop increased velocity, range-of-motion, strength, power, and stamina of pitches during the game consistently. Hitters will develop increased torque, bat speed, strength, and functional use of other muscles to generate power during the motion of swinging.

Listed below are some MLB athletes that recognize APX...

Matt Kemp (OF) – LA Dodgers	Travis Webb (LHP) – Cincinnati Reds
Ryan Doumit (C) – Pittsburgh Pirates	Trevor Shull (RHP) – Tampa Bay Rays
Mike Redmond (C) – Cleveland Indians	Tyler Hauschild (C) – Cincinnati Reds
Jeremy Affeldt (LHP) – SF Giants	Brian Peterson (OF) – Boston Red Sox
Junior Spivey (2B) – Arizona D'Backs (World Series Team '01)	Darin Holcomb (3B) – Colorado Rockies
Quinton McCracken (OF) – Arizona D'Backs (World Series Team '01)	Matt Fields (RHP) – Toronto Blue Jays
Jarek Cunningham (2B) – Pittsburgh Pirates	Steve Ames (RHP) – LA Dodgers

## ANALYSIS-PERFORMANCE PROGRAM GOAL

The goal of the Program is to determine and improve the mechanical efficiency of a pitcher's delivery and a hitter's swing. To assist athletes with the understanding of baseball-related injuries--is to analyze your pitching and hitting mechanics. In order to do so a technique known as motion analysis will be used as a tool for evaluating your current performance level in either a pitching or hitting category.

## BASEBALL MECHANICS

After testing the data collected can be used for evaluating pitching and hitting performance. These results will allow APX to analyze the faulty mechanics in the pitching and swinging motions, which after being identified, can be remedied with the help of our performance coaches. Finally, on the preventative side of the analysis, these results can also be used to implement specific Strength, Core, Speed, and Flexibility Performance Training regimens... to minimize the risk of potential injuries.

## APX PROGRAM WARRANTS ENHANCED IN-SEASON PERFORMANCE...

- Total Body Functional Strength & Core Development
- Increased Total Body Flexibility
- Enhanced White (Fast-Twitch) Fiber Recruitment
- Decreased Body Fat Pounds - Increased Lean Body Mass Pounds
- Connective Tissue Strength & Flexibility
- Increased Tissue Regeneration (Injury Prevention)
- Large Increases in Mental Focus & Determination

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**APX BASEBALL DEVELOPMENT CAMP  
REGISTRATION & INSURANCE FORM**



**NAME:** \_\_\_\_\_ **SCHOOL:** \_\_\_\_\_

**GRADE:** \_\_\_\_\_ **POSITION:** \_\_\_\_\_ **HEIGHT:** \_\_\_\_\_ **WEIGHT:** \_\_\_\_\_

**ADDRESS/CITY/ZIP:** \_\_\_\_\_

**PHONE (H):** \_\_\_\_\_ **(CELL/WORK):** \_\_\_\_\_

**E-MAIL:** \_\_\_\_\_

**EMERGENCY CONTACT:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**SPECIAL MEDICAL CONDITIONS (DIABETIC, ALLERGIES, MEDICATIONS, INJURIES, ECT.):**  
\_\_\_\_\_  
\_\_\_\_\_

**DOCTOR / HEALTH CARE PROVIDER:** \_\_\_\_\_

**INSURANCE PROVIDER:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**CLINIC:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**CAMP TIME (CIRCLE ONE):**      **3:15-4:30**      **4:30-5:45**      **7:00-8:00**

**CAMP FEE (28 SESSIONS @ \$12.50/SESSION):**      **\$350 (HIGH SCHOOL/MIDDLE SCHOOL)**

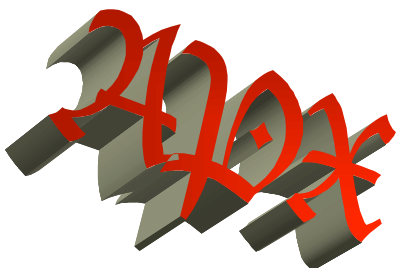
I understand that my child will undergo rigorous physical training movements and agility drills that pose a risk of injury as with any form or duration of physical exercise. By signing below, I release the coaching and training staff of APX STRENGTH, of any and all liabilities in which case my child is injured throughout the duration of the APX Baseball Development Camp at APX. I understand that my child must be insured through a family insurance plan, and that APX does not provide insurance for my child upon injury.

**ATHLETE PRINT NAME:** \_\_\_\_\_

**ATHLETE SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**PARENT PRINT NAME:** \_\_\_\_\_

**PARENT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_



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**BUILDING ATHLETES**  
**BREEDING CHAMPIONS**

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**APX BASEBALL DEVELOPMENT CAMP ITINERARY  
SESSION # 1 (7 WEEKS)  
SEPT. 13 – OCT. 28, 2010**



**DATES AND TIMES:**

- **Mondays, Tuesdays, Wednesdays & Saturdays**
- Sept 13 – Oct 28, 2010
- See for time options above

**LOCATION:**

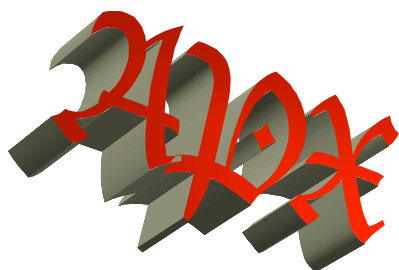
- APX STRENGTH TRAINING FACILITY
- 203 E. Sprague St., Spokane, Wash. 99202

**ATHLETE BRINGS:**

- Cross Training Shoes & Cleats (No Metal Cleats)
- Bat Bag, Mitt/Glove
- Gatorade/Water Bottle
- DESTROY ALL mentality

**EMPHASIS:**

- Functional Athlete Dynamics & Weak Links Assessments
- Total Body Strength – Baseball Relativity – Flexibility (Nutrition)
- Functional Dynamics & Total Body Strength (Nutrition)
- Lower Emphasis & Power Circuit
- Functional Power Building Phase
- Total Body Strength Phase – Baseball Relativity
- Weak Links & Neuromuscular Balance
- Upper Emphasis & Power Circuit (Nutrition & Supplementation)
- Baseball Relativity Work



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