

OFFSEASON TRAINING PROGRAMS

Presented by:

Team Elite Baseball

These are very intense, instructional and developmental workouts. The instructional format is structured to specialize in positional development and the mechanical and fundamental aspects of the game. These are **highly recommended** because they allow the Youth spring/ High School summer coaching staff to further assess players for spring/summer placement and to work with the players on their specific strengths and areas for improvement. In addition, these may serve as a tryout for those still not part of the TE family!

These workouts will be small groups with a high ratio of coaches! Deadline to Register is November 22nd to guarantee a spot! Sign up early so you don't miss out!!

13U-18U WINTER WORKOUTS: [REGISTER HERE](#)

WINTER WORKOUTS

- Workouts are offered from November 29th through January 17th
- Training will be at the Winder complex, Centennial HS, Northgate HS, GATA and Sprayberry HS
- TE Winter Workouts will be between 2 and 2.5 hours (depending on age and # of participants) and will focus on:
 - Defense (IF, OF, Pitching, Catching)
 - Hitting
 - Overall strength and speed training
 - Occasional college and/or MLB scouts as guest speakers and instructors will attend

PREMIER HITTING ONLY

- Workouts are Sundays only and will be December 6th through January 17th – Pick 5 out of 7 Sundays
- Training will be at the Winder complex, Northgate HS and Centennial HS
- In depth hitting sessions with Team Elite Staff
- Team Elite Hitting will be 2 hours

PREMIER ARM CARE (partnering with Full Count Baseball)

- 3 Days a week and a **free membership** at Full Count Baseball from November 8th - January 16th
- Training will be at the Winder complex and Centennial HS
- The program will last approximately 2 months and will end just as the high school season begins. It will include:
 - Full Body Mobility Routine
 - Dynamic Warmup
 - Pre-Throw Arm Care
 - Routine Throwing Program
 - Post-Throw Recovery Routine
 - Auxiliary Work
- Premier Armcare will be 1 hour sessions

11U/12U WINTER WORKOUTS: REGISTER HERE

- **Workouts are offered from January 3rd through January 30th**
- Training will be at the Winder complex, Centennial HS, and Northgate HS. And provided by the Team Elite Staff!
- Training will be between 1.75 - 2 hours (depending on # of participants) and will focus on:
 - Defense (IF, OF, Pitching, Catching)
 - Hitting
 - Overall strength and speed training
- Flexible training days, locations and prices
 - 4 SESSIONS - **\$300**
 - 6 SESSIONS - **\$375**
 - 8 SESSIONS - **\$425**
 - 10 SESSIONS - **\$500**