



Softball Bat Speed Development

Softball Bat Speed Development is a program that is designed to facilitate development of proper swing mechanics that allow a player to be quicker through the hitting zone. The program will feature a proper dynamic warm and hitting station drill work that encompasses specific exercises geared towards increasing bat speed and maximizing swing efficiency. Swing specific drills will include core/medicine ball work, weighted wrist rollers to build arm strength, weighted bats to produce gains in bat speed, and balance board hitting stations to build and maintain proper swing mechanics. Ball exit velocities of all participants will be recorded throughout the program to allow players to track improvement. For those looking to play in the big show to those just looking to improve their game, the GWE Sports Center Softball Bat Speed Development is a can't miss program.

Each hour long sessions will include:

- DYNAMIC warm-up
- SPEED ORIENTED swing mechanics
- SPORT SPECIFIC body weight exercises
- Flexibility program for the ROTATIONAL ATHLETE

Bat Speed Development program is beneficial to kids of all ability levels.

- Learn proper swing mechanics
- Develop swing velocity
- Gain an understanding of the importance of bat speed

Only accepting the first 12 students so reserve your spot now

Spring Training Session

DATES: February 8th, 15th, 22nd, 29th, March 7th & 14th

TIME: 5:30pm to 6:30pm

AGES: 8-18

COST: \$99