



2023 WINTER SPORTS PERFORMANCE TRAINING CAMPS

BASEBALL-SPECIFIC STRENGTH & CONDITIONING

December 5, 2023 – February 8, 2023

(505) 321 -5797

www.theathletesplayground.com

7800 Las Lomas NE
Suite C
Albuquerque, NM 87113

The Athlete's Playground
Baseball Winter Sports Performance Training Camp

December 5, 2023 – February 8, 2024

Get ready to power up your game with The Athlete's Playground youth preseason baseball strength and conditioning training camp. Our program is designed to elevate young athletes' performance, reduce the risk of injuries, and enhance their overall baseball skills, ensuring they step onto the field with confidence and readiness for the upcoming season.

Preseason strength and conditioning for youth baseball players is essential to prepare them physically and mentally for a successful and injury-free season. This training regimen not only improves their strength, agility, and overall fitness but also minimizes the risk of injuries associated with the sport.

It equips young athletes with the necessary physical skills, such as powerful throws and swift sprints, to perform at their best. Additionally, preseason conditioning cultivates discipline, teamwork, and a strong work ethic, instilling values that extend beyond the baseball field and contribute to the holistic development of these aspiring athletes.

In summary, preseason strength and conditioning plays a vital role in helping youth baseball players reach their full potential, promoting their well-being, and nurturing their long-term athletic growth.

Here are the key benefits and importance of various aspects of training for youth baseball players:

Speed:

Importance: Speed allows players to cover more ground quickly, both on the bases and in the field.

Benefits: Enhanced base running, outfield fielding, and the ability to steal bases effectively.

Agility:

Importance: Agility improves a player's ability to change direction rapidly, crucial for fielding, base running, and making quick decisions.

Benefits: Improved fielding skills, quick lateral movements, and better overall on-field maneuverability.

Quickness:

Importance: Quickness refers to the rapid reaction time needed for hitting, fielding, and throwing.

Benefits: Improved batting reflexes, quicker fielding reactions, and faster throw releases.

Acceleration:

Importance: Acceleration is essential for achieving top speed quickly, vital in base running and fielding.

Benefits: Faster sprinting, better pursuit of fly balls, and improved base stealing abilities.

Deceleration:

Importance: Deceleration is crucial for controlled stops, preventing injuries, and making accurate throws.

Benefits: Reduced risk of overuse injuries, more accurate throwing, and controlled fielding.

Strength:

Importance: Strength provides the foundation for all athletic movements, including hitting, throwing, and fielding.

Benefits: Improved bat speed, stronger throws, and better overall performance.

Power:

Importance: Power is a combination of strength and speed and is essential for hitting power and throwing velocity.

Benefits: Increased hitting distance and the ability to make strong, accurate throws.

Explosiveness:

Importance: Explosiveness is the ability to generate maximum force in a short time, crucial for baseball actions like swinging and throwing.

Benefits: Enhanced batting power and quick, strong throws.

Shoulder Stability:

Importance: Shoulder stability is crucial for injury prevention and for maintaining shoulder health in baseball, where the shoulder is heavily involved in throwing and batting.

Benefits: Reduced risk of shoulder injuries, improved accuracy in throws and swings.

Shoulder Strengthening:

Importance: Strong shoulders are essential for effective throwing and batting.

Benefits: Improved throwing velocity, reduced risk of shoulder injuries, and increased batting power.

Mobility:

Importance: Mobility ensures players can move freely and effectively in their range of motion, helping with fielding, batting, and throwing.

Benefits: Improved range of motion for fielding grounders and fly balls, better bat swings, and more fluid throwing motion.

Flexibility:

Importance: Flexibility allows for better range of motion and injury prevention.

Benefits: Reduced risk of muscle strains, better posture, and improved overall athletic performance.

Injury Prevention:

Importance: Injury prevention is paramount to keep young baseball players healthy and able to compete.

Benefits: Reduced risk of overuse injuries, prolonged playing careers, and sustained high-level performance.

These aspects collectively contribute to well-rounded and successful youth baseball players, equipping them with the skills, strength, and durability to excel in the sport while minimizing the risk of injuries.

Camp Dates: Tuesday December 5, 2023 – Thursday February 8, 2024

Location: The Athlete's Playground
7800 Las Lomas NE
Suite C
Albuquerque, NM 87113

Join us to become a soccer powerhouse and dominate the diamond this season! 🏈🔥
#YouthBaseballCamp #StrengthAndConditioning #BaseballPreseason #TrainLikeAPro

Holiday Bonus Sessions:

For those athletes who will be in town over the Christmas and New Year's Holidays, we would prefer you not to train for 2 weeks. We will have 2 bonus sessions, 1 each week for each age group.

PROGRAM DETAILS

Elementary School Baseball Players

- Training Days: Tuesdays and Thursdays
- Training Times: 4:30 PM – 5:30 PM
- Training Frequency: 2x per week
- Total Training Sessions: (16) 1- Hour Sessions

Middle School Baseball Players

- Training Days: Tuesdays and Thursdays
- Training Times: 6:00 PM – 7:00 PM
- Training Frequency: 2x per week
- Total Training Sessions: (16) 1- Hour Sessions

High School Baseball Players

- Training Days: Tuesdays and Thursdays
- Training Times: 8:00 PM – 9:00 PM
- Training Frequency: 2x per week
- Total Training Sessions: (16) 1- Hour Sessions

Cost of Preseason Baseball Program

\$300.00 + tax per Person