

HIGH PERFORMANCE

2025 OFF-SEASON TRAINING HIGHLIGHTS

HitTrax

Utilized for
Hitting Metrics
January, February & April



7

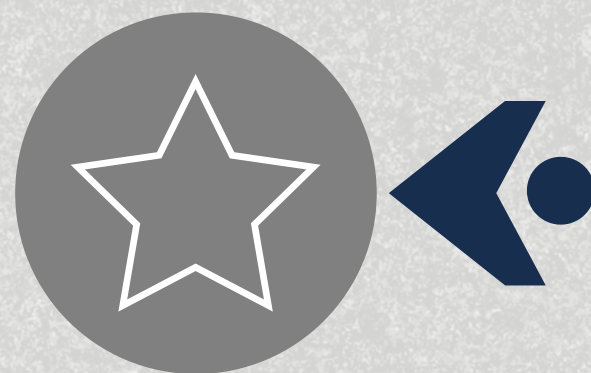
**MONTHS
INDOORS**

3+ TIMES A WEEK



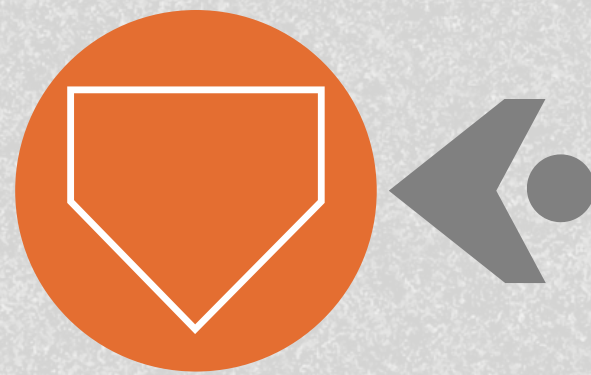
WHO

Program designed for 12U, 13U, 14U
AAA and 15U EBLO teams.
Training provided by Strike Zone
Training certified coaches.



WHY

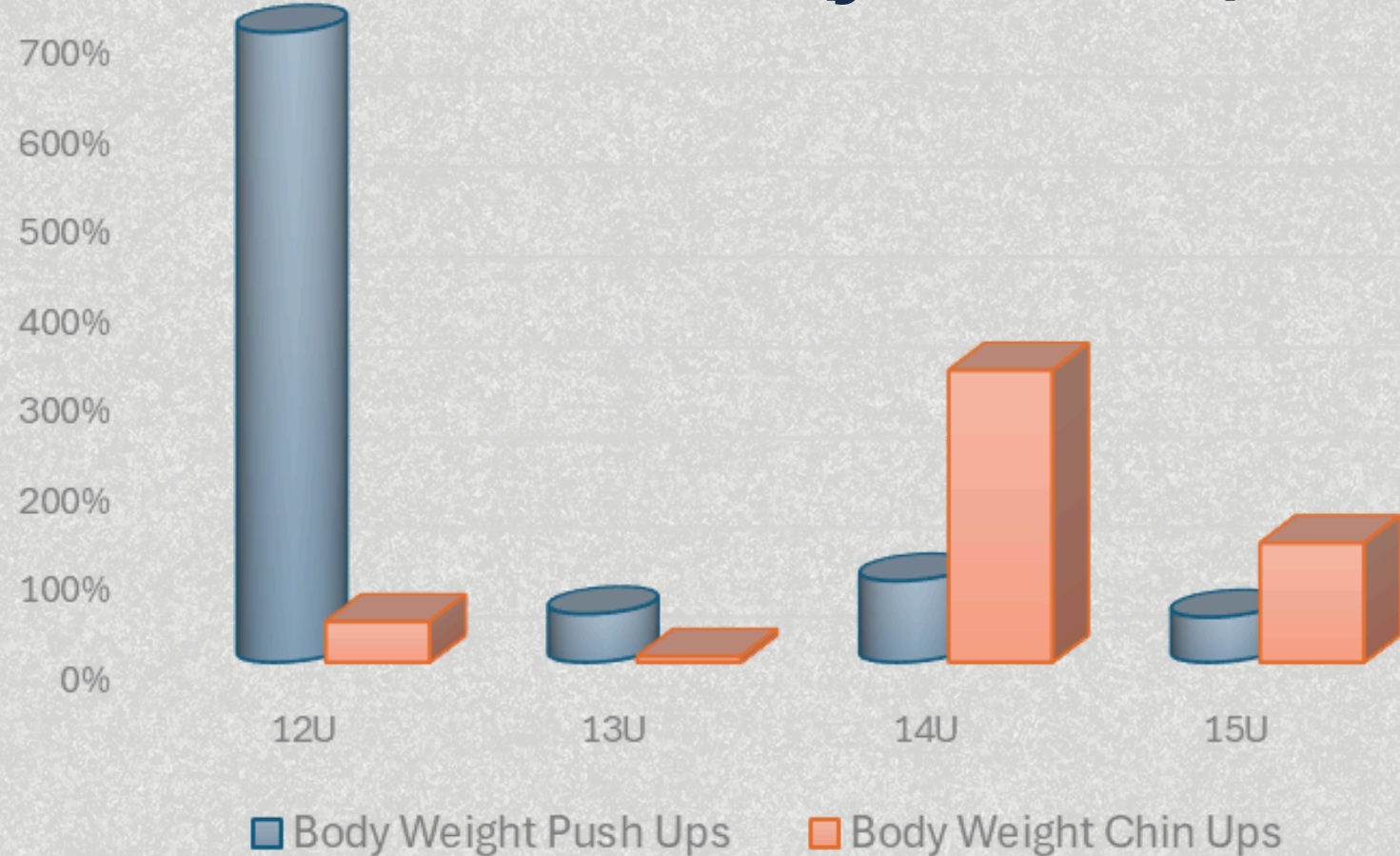
Provides a comprehensive plan, ensuring
players receive high-quality training,
competitive play, and opportunities for
growth, all while maintaining a balance
with other activities and commitments.



HOW

Powered by certified instructors, state-
of-the-art equipment, and a
commitment to player development.

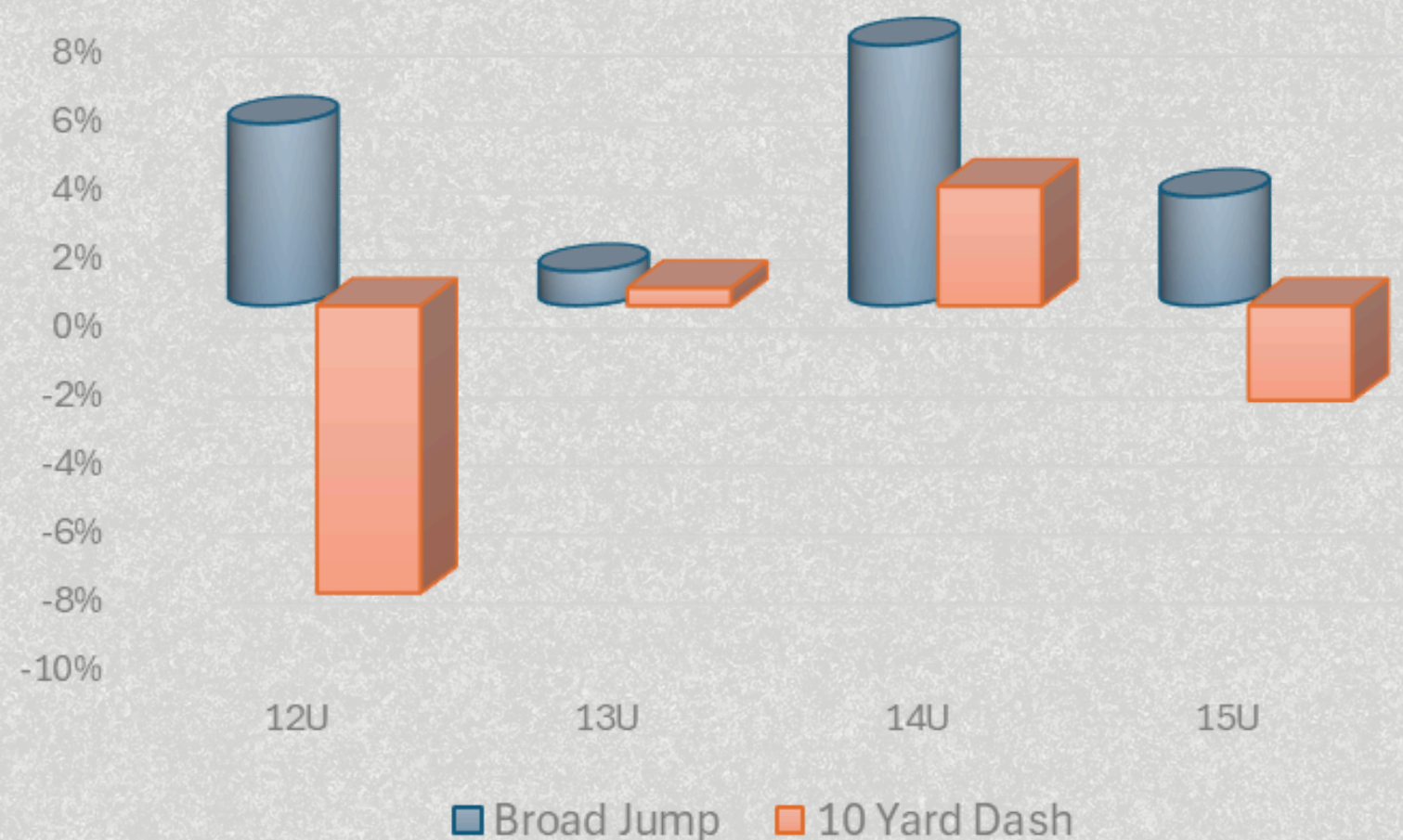
% CHANGE (JAN - APR)



11.61%

**AVERAGE INCREASE IN
AVG EXIT VELOCITY**

% CHANGE (JAN - APR)



**AVERAGE*
INCREASE IN
MAX EXIT
VELOCITY**

8.31%



*across all 4 teams

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