

MAPS Baseball Performance Program

MAPS Academy Dr Pepper Stars Center
1400 S Pipeline Rd Euless, TX 76040

PROGRAMS AVAILABLE FOR:

Youth (8-11)

Middle School (12-14)

High School (15-18)

This program includes a meeting with each of our expert coaches in the Strength & Conditioning, Mental, & Nutritional fields. The workouts consist of functionally sound movement training, strength training and conditioning with a strong focus on the specific demands of baseball. The program will include the following:

**SPEED - EXPLOSIVE POWER - STRENGTH - MOBILITY - INJURY
REDUCTION - NUTRITION EDUCATION - MENTAL SKILLS**

Each Athlete Will Receive A Functional Movement Screen, Overhead Athlete Assessment, Documented Performance Test, Arm Care Program, Mobility Routine And Personal Goal Setting Session.

FAQ: My athlete participates in a high school lifting program, will this overload them?

No, we look at each athlete on an individual needs basis. Our programs are customized to an athlete's specific needs based upon our assessment process. We focus on areas of biggest weakness while improving on all traits of the sport.



For more information contact Christian Ballard
817-714-0938 or visit www.mapsfitness.com