



ELKHORN TRAINING CAMP

<https://elkhorntrainingcamp.com/classes/90plus-exit-velocity-combined/>

90+ & EXIT VELOCITY

OFF SEASON TRAINING

Due to a high demand by players to train both hitting and pitching we have created an option to sign up for both 90+ and Exit Velocity.

This option will fill quickly. Sign up today!

AGES 12 & UNDER

90+ DATES: Dec 1st - Dec 28th

Times: Mon, Tues, Wed, Thur 6PM - 7PM

EXIT VELO DATES:

Dec 1st, 4th, 8th, 11th, 15th, 18th, 22nd

Times: Tues 7PM - 8PM, Sat 11AM - 12PM

Cost: \$200

Attend any 8 classes based on your availability!

AGES 13 & OLDER

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90+ Pitching - Max Fearnow Pre-Throwing Arm Care Program:

One of the most important things pitchers need to establish is a regimented arm care program. In this class we will teach players the routine and importance of taking care of their arm through bands, tubes and stretching. Players will decrease injuries, improve endurance and ultimately add velocity to their fastball.

Throwing and Pitching Video Analysis:

Our primary objective in the offseason is quality rather than quantity of throwing. Players need to understand where their body is working efficiently and areas that need to be improved. Each session players will be filmed during each phase of their throwing from warm up to live pitching. Coaching is much more effective if we can demonstrate visually through video analysis where mechanics need to improve.

Instructor: Max Fearnow: Head pitching instructor at ETC, former pitcher at Stanford University and Minor League pitcher with the Houston Astros.

EXIT VELOCITY



Exit Velocity Hitting - Darrell Everhart

Strength Training & Developing Power:
The most powerful hitters have tremendous strength through the legs, hips, core, shoulders and forearms that produce power when swinging a bat or throwing a baseball. Research has established that the single greatest factor in extra-base hits and home runs is dependent on swing speed and exit velocity. The Exit-Velo class will incorporate exercises specific to improve leg strength that provides a stabilized batting foundation, a quicker and more powerful twist through the core to help create torque behind the swing, and a stronger forearm grip for faster hand speed and bat control.

Hitting Mechanics:

A key aspect of hitting in the off-season is to analyze different aspects of a baseball players swing and improve on the fundamental mechanics. This includes optimizing a player's swing for maximizing bat-speed, more time through the hitting zone and staying balanced with a strong posture. Each session will incorporate hitting drills that will focus on balance, vision, timing and rhythm, all with power!

Video Analysis:

Pre and Post session evaluations along with video analysis will help each player track their strength training goals, review the mechanics of their swing, and concentrate on specific movements that will result in increased muscular coordination and a more fluid motion throughout the swing resulting with increased Exit Velo!

Instructor: Darrell Everhart: Lead Hitting instructor at ETC. former Division-I middle-infielder; player and coach at Minor and Independent League level baseball teams; Proven physical-fitness leader and General Manager, U.S. Military All-Stars.

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