**BRX PERFORMANCE PROGRAM**

The BRX Program is designed to help baseball players increase their strength, transform their velocity and get noticed with the world’s top baseball development platform. The program will include:

**Baseball Specific Strength Program**

**Baseball Specific Mobility Routines**

**Flexibility Drills**

**Arm Care Drills**

**Speed & Agility Drills**

**Rotational Power Drills**

**Core Drills**

**Why Use Weighted Baseballs?**

For **physically mature athletes**, weighted ball training has several benefits including improved mechanics, velocity and command but improved arm fitness is the most obvious.

Fitness can be described with a variety of words – strength, endurance, or conditioning. When a pitcher has poor arm-related “fitness,” it generally means his tissue has a low injury threshold. This can be due to insufficient muscular strength, low muscular endurance, poor soft tissue quality, etc.

In pitchers poor arm fitness can manifest as the *inability to hold pitching velocity* deep into games, the *inability to “bounce-back”* after throwing or *constant soft-tissue arm issues*.

Varying the load using weighted balls helps improve arm fitness factors.

* The most common responses from athletes and coaches who begin weighted baseball training correctly are:
“**My velocity floor increased**. I used to sit 84-85 and touch 89, now I cruise 87 and touch 90.”
“**I hold my velocity deeper into games**.”
“**I recover faster**, and I am not as sore after an outing.”

**\*\* The program also includes a daily hitting workshop, each kid will get 60 to 70 swings per day \*\***

Childs Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Childs Age \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Mon.** 7:00 – 8:45 PM \*\*\* **Weds.** 7:00 – 8:45 PM \*\*\* **Sat.** 11:00 AM – 12:30 PM \*\*\*
*all workouts are at the New Brighton facility*

**SESSION I BEGINS:** October 22, 2025  **ENDS:** December 1, 2025 **COST:** $325.00
**SESSION II BEGINS:** December 3, 2025  **ENDS:** January 14, 2026 **COST:** $325.00

I/We, the parent(s)/guardian of the above named candidate, give my/our approval to participate in the Sports Zone Baseball Academy. I/We assume all risks and hazards incidental to such participation including transportation; and I/We do hereby waive, release, absolve, indemnify, and agree to hold harmless the Organizers, Coaches, Sponsors, and Adult Supervisors, for any claim arising out of an injury to my/our child, whether the result of negligence or for any other cause, except to the extent and in the amount covered by accident or liability insurance.

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SESSION # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \* 10-12 Kids per Session for more personal attention \*