

SEMI-PRIVATE TRAINING

4 Reasons WHY:

1.) PROGRAM TAILORED TO YOUR PLAYER

Each player will receive an individualized training regimen based on a 20 minute Consultation with one of our coaches. We take pride in being able to thoroughly assess each and every member with Baseline Metrics assessing a players Footspeed, Physical Strength, Arm Strength & Exit Velocity. Baseline testing can be administered quickly and easily to identify a players flaws and how to fix them. This allows us to dial in on any areas that might be limiting your players progress through their throwing mechanics, sling systems, quick-twitch movements and kinetic chain. The information gathered is used to create individualized training programs that are tailored to your players body type and specific goals. We want to get to know you a little more, figure out what you really WANT, and use our professional experience to figure out what you really NEED. It's like a match made in heaven!

2.) ATTENTION FROM COACHES

You receive individualized attention from the area's best coaches, all of whom have experience in the field, and participate in continuing education on the reg– so in other words they know their stuff. Each of our coaches has a unique approach and set of tools that can benefit you and your long-term baseball/softball journey. No matter the coach, you will always have an effective training session! With a max of only 4 people per session (unlike group training with a max of 20+), coaches are able to hone in on each player, during each drill, and ensure they are making high quality repetition. Performing drills properly is extremely important so that you can restore mechanically sound movement patterns and make the most out of your athletic goals. More importantly it will help prevent injury, keep you training more frequently, target the appropriate muscle groups, and it will get you the strength-building, explosive results you want out of each movement!

With semi-private training you find out what you're really made of. The individualization helps you find strength you didn't even know was there. And the best part about having the coach's full, undivided attention...you can't cheat yourself! No more half-ass reps. During semi-private training our coaches are going to motivate, support and push you to make it through each exercise.

3.) AMAZING VALUE

Semi-private training provides you with all of the advantages of personal training without the hefty price tag. Our semi-private training approach offers you the same individualized exercise program as a traditional one-on-one, but at less than 1/3 of the cost so you can work out more often. This sounds like a recipe for success and reaching your goals faster! And did I mention that all of our semi-private training memberships includes access to our bi-weekly team defensive workshops? If not, just did!

4.) SUPPORT & MOTIVATION FROM GROUP

Semi private training is superior to traditional one-on-one personal training. Current research has proven that this approach to training provides greater results thanks to more personal coaching, camaraderie, motivation, support, and the obvious one, it's fun! Who doesn't want to be around bat speed readings, zone pounding peeps who want to better themselves and be as awesome as you?! Training with a small group of other MVP members will allow you to push yourself harder and use each other as motivators and inspiration! People Stay Motivated. I think most people have an inherently competitive side, and that most tend to work harder and are more motivated when they're surrounded by like-minded individuals getting after it on the turf.

Powered by

