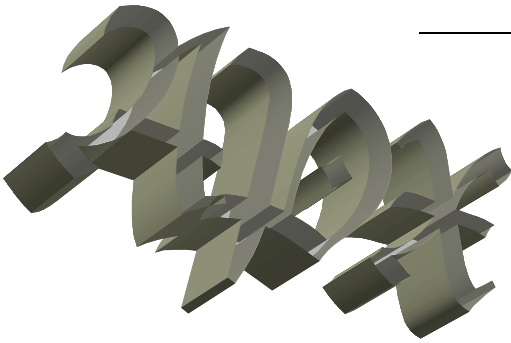


"The constant pursuit of sports performance."



APX & MLB FIELDING DEVELOPMENT *PERFORMANCE CLINIC*

APX recognizes that fielding and throwing a baseball is a highly dynamic, complex and demanding athletic movement that can cause injuries to professionals and amateurs alike. To address this challenge, APX developed the Fielding Development & Analysis Clinic designed to improve overall Fielding performance with the help of MLB Infielders. The Clinic's overall goal is to teach Infielders how to reduce baseball throwing-related injuries, and to improve Fielding performance. Athletes and Coaches must realize and fully accept that these benefactors equate directly to improved athletic performance on the diamond. Fielders will develop increased velocity, range-of-motion, strength, power, and stamina in their fielding abilities more consistently.

The *Fielding Development Performance Clinic*, will be directed by current Major League Baseball Second Baseman Jarek Cunningham; (#7 – 2B – Pittsburgh Pirates Organization). Jarek will bring his expertise and current professional experience to APX to teach Infielders the drills and concepts that MLB Infielders utilize in both the in/off seasons to enhance their performance.

Jarek Cunningham Bio:

Full Season 'A' West Virginia Power (Present)
18th Round Pick – 2008 (Pittsburgh Pirates)
2nd in South Atlantic League (Extra Base Hits - 56)
2nd in South Atlantic League (Double Play Turns – 71)

FIELDING ANALYSIS-PERFORMANCE CLINIC GOAL

The goal of the Clinic is to determine and improve the mechanical efficiency of a fielder's preparation (pre-pitch), gathering, and delivery. Additionally, the Clinic will assist infielders with the understanding of facilitating a personalized program to reduce throwing-related injuries. The infielder will also be analyzed with their throwing and body mechanics.

FIELDING MECHANICS

The Infielder will develop consistent mechanics to ensure health, longevity and command with double play balls, double-play turns, receiving and positioning of all facets of a ball to be fielded clean with efficiency. The teaching of body mechanics, stressing the lower half, core, and hips – to increase velocity and whip towards the infielders target. The instruction of Trunk & Torso Rotational Mechanics will also be covered, equating to the addition of a more powerful delivery

APX & MLB CLINIC WARRANTS ENHANCED FIELDING PERFORMANCE...

- Mechanics & Fundamental Skill Building
- Arm Care Maintenance Program
- Arm Strength / Velocity Building Drills
- Control & Command
- Double Play Footwork
- Develop Routines (Pre-Pitch / Pitch / Post-Pitch)
- Develop Goals & Equip Players for the Next Level

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**APX & MLB FIELDING DEVELOPMENT CAMP
REGISTRATION & INSURANCE**



NAME: _____ **SCHOOL:** _____

GRADE: _____ **POSITION:** _____ **HEIGHT:** _____ **WEIGHT:** _____

ADDRESS/CITY/ZIP: _____

PHONE (H): _____ **(CELL/WORK):** _____

E-MAIL: _____

EMERGENCY CONTACT: _____ **PHONE:** _____

SPECIAL MEDICAL CONDITIONS (DIABETIC, ALLERGIES, MEDICATIONS, INJURIES, ECT.):

DOCTOR / HEALTH CARE PROVIDER: _____

INSURANCE PROVIDER: _____ **PHONE:** _____

CLINIC: _____ **PHONE:** _____

CAMP CONTACT: JAREK CUNNINGHAM @ 509.951.0073 (OR) JMIKE710@HOTMAIL.COM

CAMP FEE (8 SESSIONS @ \$20.00/SESSION): \$160

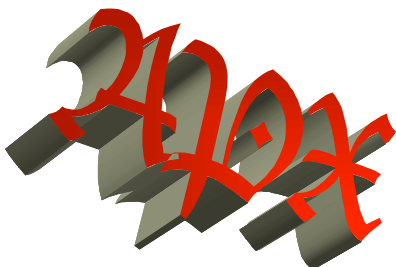
I understand that my child will undergo rigorous physical training movements and agility drills that pose a risk of injury as with any form or duration of physical exercise. By signing below, I release the coaching and training staff of APX STRENGTH, of any and all liabilities in which case my child is injured throughout the duration of the APX Baseball Development Camp at APX. I understand that my child must be insured through a family insurance plan, and that APX does not provide insurance for my child upon injury.

ATHLETE PRINT NAME: _____

ATHLETE SIGNATURE: _____ **DATE:** _____

PARENT PRINT NAME: _____

PARENT SIGNATURE: _____ **DATE:** _____



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BREEDING CHAMPIONS

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**APX & MLB FIELDING DEVELOPMENT CAMP ITINERARY
Nov. 2 – Nov. 28, 2010**



DATES AND TIMES:

- Sundays 3:00-4:00 or 4:00-5:00
- Tuesdays 6:30-7:30 or 7:30-8:30
- Nov 2 – Nov 28, 2010
- **Contact Jarek Cunningham to Schedule @ 509.951.0072 / jmike710@hotmail.com**

LOCATION:

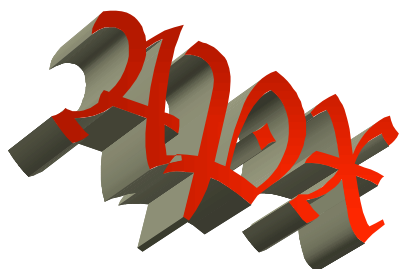
- APX STRENGTH TRAINING FACILITY
- 203 E. Sprague St., Spokane, Wash. 99202

ATHLETE BRINGS:

- Cross Training Shoes & Cleats (No Metal Cleats)
- Bat Bag, Mitt/Glove
- Gatorade/Water Bottle
- DESTROY ALL mentality

EMPHASIS:

- Double Play Footwork Keys & Drills
- Neuromuscular Balance (Initial Set-Up through Release Point)
- Pre-Pitch / Pitch / Post-Pitch Routine Building
- Gathering Push & Drive (Hip Extensor/Hip-Flexor Connectors)
- Scapular Retraction
- Elbow-Shoulder-Torso-Head Positioning
- Rotational & Lower-Half Levers



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BREEDING CHAMPIONS